The birth of mankinde, otherwise named The Womans Booke.

Set forth in English by Thomas Raynalde Phisition, and by him corrected, and augmented. Whose contents yée may reade in the Table folowing: but most plainely in the prologue.

Imprinted at London for *Thomas Adams*.

Cum Priuilegio.



L be it ſome *Ariſtarchus* may perhappes findc ſome lacke of faithfullnes and diligence in this worke: yet there is none ſo frowarde to deny. but that there is ſome fruite & profite to be founde therein, ſeeing that it commeth now abrod much more enlarged and encreaſed, and more diligently corrected then it was before either in the Latine or in the Engliſh. And where before in the other printes, there lacked matter neceſſary to the opening and declaration of the Figures parteyning to the inner partes: it is now ſo plainly ſet foorth, that the ſimpleſt Mydwife which can reade, may both vnderſtand for her better inſtruction, and alſo other women that haue neede of her helpe, the more commoditie. Wherefore my deſire is, that it may be receiued and practiſed of Midwifes. and all other matrones, with no leſſe ſucceſſe then it is with good will and deſire written. to profite, and to do good to other.

The Table of the first Booke of the Birth of Mankinde-



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Item, a breefe declaration of the contents of the fyrst Booke. Chap. i. Fol xvii.

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A declaration what the Muskles be. Chap.iii. Fol. xxi.

Of the kell, called Peritoneum. Chap.iiii. Fol.xxiii

The declaration of the names and nature of the Matrix. Chap.v. Pag.xxiiii.

Of the Wombe and his parts. Chap.vi. Fol.xxv.

Of the Mother part. Chap.vii Pag.xxviii.

Of the vesselles of seede, called the Stones, with other thereto appertaining. Chap. viii. Fol.xxix

Of the seede bringers. Chap.ix. Pag.xxx.

Of the office and vse of the seede bringers. Chap x. Fol xxxiii.

Of the way by the which the seede is sent from the stones, to the angles & corners of the matrix. Chap. xi. Fol. xxxix.

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Of the three calles or wrappers wherein the Infant is lapped. Chap.xiiii. Pag.l.

Which of the three Matrix vaynes conteine the Termes, and how the Milke commeth to the womans breasts. Chap.xv. Fol.lvii.

The declaration by letters of the Figures folowing, where

wherein be set foorth to the eye, euery part in woman, mentioned in this booke before.

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Of the second figure. Pag lxxxiiii.
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The fyft, sixt, seauenth, and eight fygures. Pag.lxxxvi.
The ninth figure of women. Fol.lxxxvii.

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Of easie and vneasie, difficult, or dolourous deliuerance, and the causes of it, with the signes how to know and foresée the same. Chap. ii. Fol xci.
How a woman with childe shall vse her selfe, and what remedies bee for them that haue hard labour. Chap. iii. Fol.xcv. At the end of the which third chapter, are placed the byrth fygures, both naturall and vnnaturall
Remedies and medicines by the which the labour may bée made tollerable, easie, & without great paine, Chap iiii. Fol.cxi.
How the secundine, or second byrth shalbe forced to issue foorth, if it come not freely of his owne kind. Chap. v Fol.cxv,
How that many things chaunce to a woman after her labour, and how to auoyde, defende, or to remedie the same. Chap. vi. Pag.cxx.
Of abortements or vntimely byrthes, and the causes of it, and by what remedies it may be defended. holpen and eased. Chap. vii. Pag.cxxxii.
Signes whereby yee may foresee abortement. Chap. viii. Fol.cxxxv.

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Of dead byrthes, and by what signes or tokens it may be knowne, and by what meanes it may also bee expelled. Chap. ix. Fol. cxli.

In the last Chapter of this booke bee briefely recited certaine expert medicines, which be most requisite to the chiefe purpose entended in this present booke. Chap. x. Fol. cxlv.

The third Booke.

IN the first Chapter of the third Booke, is first declared the matters therein contained, and then how the Infant newly borne must be handled, nourished, and looked to. Folio. cxlix.

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Of diuers diseases and infirmities which chaunce to children lately borne, and the remedies therefore. Chap. iii. Pag. clviii.

Of the flixe and ouermuch lowsenesse of the belly. Fol clix.

To vnlowse the child, being bound. Pag. clx.

Remedie for the Crampe, or distention of members. Fol. clxi.

Remedie for the Cough, and distillation, or catarrhes of the head. Pag clxii.

Remedie for short winde. Pag. clxiiii.

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Of exulceration or clefture, chapping or chyning of the mouth. Pag. clxvi.

Of Apostumation and running of the eares. Fol. clxvii.

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Of the scumme or the white of the eye. eodem.

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Against fretting or gnawing in the belly. Fol. clxix.

Against

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Agaynſt ſwelling of the body. Pag.clxx.
Againſt often ſneeſing. eodem.
Of whelkes in the body, and the cure. Fol.clxxi.
Againſt ſwelling of the Coddes. eodem.
Againſt ſwelling of the Nauell. Pag.clxxii.
Againſt vnſleepineſſe. eodem.
Againſt yexing or the hickot. Fol.clxxiii.
Againſt often parbreaking by weakeneſſe and feebleneſſe of the ſtomacke. Pag.clxxiiii.
Againſt fearefull and terrible dreames. Pag.clxxvi.
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Againſt Tenaſmus. Fol.clxxvii.
Againſt Wormes in the belly. eodem.
Of chafing or galling in any place of the body. Fol.clxxix.
Of the falling ſickeneſſe. Pag.clxxx.
Conſumption or pyning away of the body. Fol.clxxxi.
Of laſſitude, wearineſſe, or heauineſſe of the childes bodie. Pag.clxxxii.
Of trembling of the body, or of certaine members of the body, called the Palſie, Fol.clxxxiii.
Againſt the ſtrangury or Stone, with ſtopping of the vrine eodem.
Of goggle eyes, or looking a ſquint. Fol.clxxxv.

The fourth Booke.

OF ſuch things the which ſhall be entreated of in this fourth Booke. Chap.i. Pag.clxxxvi.
Of conception, and how many wayes it may be hindered or letted. Chap.ii. Pag.eodem.
How many wayes conception may be letted, and how the cauſes may be knowne. Chap.iii. Pag.clxxxviii.
How to know whether lacke of conception be of the woman or of the man, and how it may be perceiued whether ſhe be conceaued or no. Chap.iiii. Fol.clxxxix.

Of

The Table.

Of certaine remedies and medicines which may further the woman to conceaue. Chap. v Fol. cxciii.
Of diuers bellifying receipts. Chap. vi. Fol. cxcviii.
Of the causes and remedies for Dandruffe of the head. Pag. cxcviii.
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To do away frekens or other spots in the face. Pag. cc.
To destroy Wartes and such like excressences on the face, or els where, Fol. cci,
To cleare and clarifie the skinne in the handes, face or other part of the body. eodem
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To keepe and preserue the teeth cleane. eodem.
Of stinking breath. eodem.
Of the ranke fauour of the armeholes. Pag. cciiii.

Here endeth the Table.

A Prologue to the women *Readers.*

HERE in the beginning of this pre-sent Prologue, I will follow the example of them, which when they bid any ghestes to dinner or supper, are wont fyrst to declare what shalbe their cheere, what fare, and how many dishes they shall haue, praying them to take it in good worth, and to looke for neither better ne worse then hath been mentioned of: And euen so heere will I doe. Before that yee enter into the reading of this little Treatise, I shall succinctly and in few wordes resite the summe and chiefe contentes of the same, with the vtilitie and profite which may ensue to the diligent and attentiue ouer reader thereof, to the end that yee of these things being fyrst well aduertised, may haue the more or lesse courage to employ your labour in ouer loking and perusing of the same. For commonly it dooth occasionate any man to bee the more prompt, ready, and willing to take paine, when hee is assured or certified of the profite, purpose, and fruite thereof comming: and likewise it is a great pricke or allurement, entising and moouing a man to reade any booke, when he is somewhat first admonished of the matters comprehended and contained therein.

The intent of the Author.

The more part of this booke trãslated into English three or foure yeeres before I began it.

Wherefore now to come to our purpose, yee shall vnderstand that about three or foure yeeres before I tooke this booke in hand, a certaine studious and dili-

gent clarke, at the requeſt and deſire of diuers honeſt and ſad matrones, being of his acquaintance, did tranſlate out of Latine into Engliſh a great parte of this booke, entituling it, according to the Latine inſcription *De Partu Hominis*, that is to ſay, Of The Birth of Mankinde: which we now doe name, The womans Booke, for ſo much as the moſt part, or wel-neare all therein entreated off, doth concerne and touch only Women. In which his tranſlation hee varied or declined nothing at all from the ſteppes of his Latine author, obſeruing more fidelity in tranſlating, then choyce or diſcretion (at that time) in admitting and allowing many thinges in the ſame booke, greatly needing admonition, and wary aduice or councell to the readers, which otherwiſe might ſometimes vſe that for a helpe, the which ſhould turne to a hinderance. Wherefore I, reuoluing and earneſtly reuiſing from top to toe the ſayd booke, and heerewithall conſidering the manifolde vtilitie and profite which thereby might enſue to all women (as touching that purpoſe) if it were more narowly looked ouer, and with a ſtraighter iudgement more exactly euery thing therein pondered and tried, thought my labour and paynes ſhould not be euill employed, ne vnthankfully accepted and receyued of all honeſt, diſcreete, and ſage women, if I, after good and diligent peruſing thereof, did correct and amend ſuch faultes in it, as ſeemed worthy of the ſame, and to aduiſe the readers what thinges were good or tollerable to be vſed, which were dangerous, and which were vtterly to be eſchued. The which thinge I haue not onely ſo done, but ouerthis, haue thereunto adioyned and annexed diuers other more experimented and

The name of this booke.

Many things annexed and newly added to this booke.

and more familier medicines. And farther, haue in the first booke set forth, and euidently declared, all the inwarde partes of women (such as were necessary to be knowen to our purpose) and that not only in wordes, but also in liuely and expresse figures, by the which euery parte before in the Booke described, may in maner be as exactly and clearely perceiued, as though yee were present at the cutting open of Anathomy of a dead woman. The contents of the first booke.

And thinke not the vtilitie and profite of this first booke, and knowledge thereof, to be little or of small value, but take it as the foundation and grounde, by the perceiuerance whereof, your witts and vnderstanding shall be illuminate and lightned, the better to vnderstand how euery thing commeth to passe within your bodyes, in the tyme of conception, of bearing, and of birth. And further, by the perfect knowledge of this booke, yee shall clearely perceiue the reason of many diseases which happen peculiarly to women, and the causes thereof: by which perceiuerance, againe ye shall haue the readier vnderstanding how to withstand and remedie the saide infirmities or diseases. For note yee well, that as there is no man, whatsoeuer hee bee, that shall become an absolute and perfect Phisition, vnlesse hee haue an absolute and perfecte knowledge of all the inwardes and outwardes of mans and womans bodie: euen so shall yee neuer groundely vnderstand the matters contayned in the second Booke, or any other communication, or writing, touching the same intent, except yee first haue true and iust cognoisante in the first Booke. Againe, when that a woman commeth to a Phisition for counsell, con- How profitable the first booke is.

The vtilitie of the perfect knowledge of Anathomie.

cerning some thing that may be amisse in the part: the answere of the Phisition, and reasonable allegation of causes to the same infirmity, is many times obscure, darke, and strange, to be comprehended by the woman, for lack of due knowledge of the situation, maner, and fashion of the inwardes. And truely when a person is sicke or diseased in any parte, it is halfe a comfort, yea halfe his healthy, to vnderstand in what part the disease is, and how that part lyeth in the body. This knowledge also ministreth yet a farther engin and policie, to inuent infinitly the better how the medicine should be applied, and after the most profitable sort ministred and set to the diseased plot. To be shorte, all the wittynesse, and artificiall crafty inuention, and diuers maners of ministrations in the noble science of Phisicke, proceedeth and springeth of the profound knowledge of Anathomie. Therefore mine aduise and vtter counsell is, that all women in whose handes this little Booke shall chaunce to come, with all diligence do force themselues perfectly to the vnderstanding of the first Booke, well assuring them that they shall not repent them of their small paines bestowed in that behalfe. And to the end that euery thing might be the plainer & more easie to attaine vnto, I haue at the latter end of the forsaide first booke, set the figures which represent such matters as were intreated of in the same, and also haue thereto annexed a sufficient declaration and exposition by letters, of all partes and parcels contayned in the saide fygures.

The counsaile of the authour to the readers.

In the second booke shalbe declared the diuers sortes and maners of the deliuerance or byrth of mankinde, & all the dangers, perilles, and other causes happening to the

The contents of the second booke.

the labouring woman in that season, with remedies and manifolde medicines concerning the same: where also we haue not omitted ne lefte out any medicines being first in the old booke, but haue in many places certified and amended the same, according to reason and the lawes of Phisick: and besides this, haue added thereto diuers other salutary & effectuall medicines, such as either I my selfe, or other Phisitions, being yet aliue at this day, haue experimented and practised: Furthermore, in this second booke ye may finde diuers remedies whereby to prouoke the tearmes of flowres (when that needeth) or to restraine or stopp the same, when they issue more largly then nature doth require, with many other matters, too long heere to be rehearsed.

Many truly experimented medicines added to this booke.

In the third booke shall be intreated, of the election and choyse, by certaine signes and tokens, of a good Nurse, which may foster and bring vp the child being borne. Item medicines increasing, deminishing, attenuating, engrosing, and amending the milke in the Nurses brests. Also remedies for many and sundrie diseases, which oft times chaunce vnto infantes after their birth.

Thinges entreated in the third booke.

In the fourth and last booke we will somewhat commune of conception, with the causes hindering or farthering the same, shewing certaine counsell and remedies, whereby (by the Grace of GOD) the vnfruitfull may be made more fruitfull, and impedimentes of conception, by vertue of medicines, remoued and ouercome, the woman being made more apt to conceiue. And farther, in this last booke shall be vttered and set foorth certaine embelishing receipts, concerning onely

What is conteined in the fourth booke.

honeſt and healthſome decoration and cleanlineſſe, alwayes moſt lowable and commendable in a woman: as, To ſcoure and cleanſe the head, To cauſe the haire to keepe his naturall colour, To preſerue the haire from falling away, To take away haire from certaine places, where being, it cauſeth ſome deformity or vnſeemelineſſe in a perſon, To ſubtile and cleare the ſkinn in the face, or other where, To remoue and doo a waye ſpottes, frekens, and other ſuch like diſpleaſant markis and tokens, To ſupple and moleſte the ſkinne being rugged and rough: with other moe ſuch like matters, too long heere to be rehearſed, the which truly are not of any prudent perſon to be reiected, improued or diſprayſed, forasmuch as I teach nothing in that place, but that onely which may make to the honeſt, comely, and commendable conſtruing and maintaining of the inſet and naturall beauty in a woman, vtterly abhorring and defying all farding, painting, and counterfaite caſt colours, which of ſome damnable and miſproude people be dayly vſed, ſuch as by all meanes poſſible ſeeke and ſearch more the abhominable and diueliſh painting and garniſh ſetting forth of their mortall carkaſes (the better thereby to commend it vnto the eyes of fooliſh and fond men) then by honeſt, ſober, debonaire, and gentle maners, ſo to demeane their life, that they may thereby rather obtaine the loue, amity, and hartye perpetuall fauour, firſt of God, and then of all honeſt, diſcreet, and godly wiſe men. Thus now to be ſhorte, I haue in as compendious manner as the matter would ſuffer, ſet before your eyes the chiefe and principall contentes comprehended in this little volume. And now remayneth there nothing elſe but

Againſt painting of womens faces.

The beneuolence of the reader required.

but only to require the benevolent fauour and good acceptation of this my labour and paines, spent in the compiling of these foresaide matters, praying, that as it hath been to me painefull in the composing thereof, so it may be both pleasaunt and fruitefull to all women (for whose sake and onely respect it was set forth) in the reading thereof. Howbeit, I am not ignorant, ne vnsure, that many there are, before whose sight this Booke shall finde small grace, and lesse fauour. So hard a thing it is to write or indite any matter whatsoeuer it be, that should be able to sustaine and abide the variable iudgment, and to obtaine or winne the constante loue and allowance of euery man, especially if it containe in it any nouelty or vnwonte strangnesse. Hard to please many iudgements.

Therefore the auncient Poets in times passed, when that they enterprised any new or strange workes, were wont in the frunt of the same, with great protestation, to inuocate and call vppon all the goddes and goddesses by name, requiring them fauourably to aspire, aide, and prosper their attempted purpose, to the end that by their obtained fauour, it might be the more acceptable and gratious to all such as should it beholde and reade. Whose example right necessarie and needfull it were that I heere should deuoutly ensue and follow, so that I could first beleeue that by such maner of inuocation, might be allured and wonne the beneuolencie and willing fauour of all such in whose handes this present Booke should happen to fall. But truely I do suppose, that although I should call downe all the nine noble Muses out of the famous mount of Hellicon, or pray to be assistent the three louing graces, or great Apollo, God, maister, and chiefe inuentour of The maner of Poets in times past.

The difficulty to conceaue the good will of peruert people.

the nature of all hearbes and other medicines of Esculapius chiefe patrone and president in the worthy science of Phisicke, or wittie Mercurie with his dulce and sugred eloquence, with sweete Suada, goddesse of al perswasion, with all other the goddes and goddesses what euer they bee, in whom ingenious Poets doo fayne to be a maiesty, might, and power, to encline the heartes of men for to delight and take pleasure in any such thing which fyrst shalbe by their Godhed allowed and fauoured: though (I say) all these should firmely conspire in one together, and bend them vtterly to the most of their high puissance, to sacre, hallow, yea and with their holy poeticall spirit to breath ouer this book, yet should there be found people, of so ingrate, strange, peruerse and wayward wittes, that would (without all good reason) blame and improue the same, vnneath yet seene, and much lesse read. For who bee they that giue so precipitate and headdy iudgments in all maner of matters, as such (for the more parte) the which therein shall haue least cognoissance or knowledge, and take least payne in reading or searching the veritie of that thing, against the which they be most stout, doughtie, and bold pronouncers. And this do I not say onely of them, that peraduenture shall heere and there in the processe of this booke finde any particular matters to reproue and carpe, sometimes worthely, and sometimes otherwise: but also, yea, and that much more, of them which generally without all exception, shall condemne and vtterly reprooue all the whole matter: some alleaging that it is shame, and other some, that it is not meete ne fitting such matters to bee intreated off so plainely in our mother and vulgar language, to

The light iudgemets of many men.

Of them that vtterly do condemne this booke.

the

the dishoner (as they say) of womenhead, and the derision of their wont secretes, by the detection and discouering whereof, men it reading or hearing, shalbe moued thereby the more to abhorre and loth the companie of women, and further in their communications to iest and bourde of womens pruitties, not wont to be knowne of them: with diuers other such like cauilations and reasons. So that their opinion is, that it were more expedient and better to suppresse, and vtterly to condemne vnto darknesse for euer this booke, then to send it foorth into light. Loe, such is the light iudgement of them, the which in euery thing, whereof may ensue both good and euill, haue alwaies their eyes walking and firmely affixed and directed vpon the euill, picking and choosing out the worst of euery matter, omitting and leauing to speake of the best, as the thinge which were nothing to their purpose. If euery thing in this world should be wayed and passed vpon after this sort, then should we be faine to condemne & banish those things farre from vs, which are at this time accompted and taken for the most necessary, worthie, and of greatest price or estimation. To be short, there is nothing vnder heauen so good, but that it may bee peruerted and turned to an euill vse, by them that be euill and naught themselues, and do abuse it: nei is there any thing so absolute and perfect, but by the occasion of the abuse thereof, at one time or other may and doth ensue great danger and damage to mankinde. Fire and water be two right necessary elements to the vse of man, without the which we coulde not liue: yet by the meanes of them many a miserable deed hath been done and perpetrated. By fire hath been consumed and deuou-

Answer to certain cauilations.

Nothing so good but it may be abused.

Fire and water abused.

deuoured whole Cities and Countreyes. By water, swallowed and drowned infinite men, shyppes, yea and whole regions. Againe, meate and drinke, to the moderate vsers thereof, doth minister and maintaine lyke: and contrary, to the vnmeasurable and vnsaciat gourmaundes and gluttons, it hath full many thousande times brought surfets, sickenesse, and at the last death. By weapons, Realmes and Cities be defended from the iniurie and violencie of their fierce enemies, the true wayfaring man from the assault of the theefe: Yea and many times cleane contrary, by Weapons, Realmes and Cities be subuerted and vtterly destroyed, the true mans throate by the theefe cut. The most holy and sacred Byble teacheth nothing but holynesse and vertuous liuing, charitie to God and to our neighbour, reformation of our wicked liuing, and briefly, the high way to God. The blessed Sacrament of the bodie and bloode of Christ Jesus, was instituted and ordeined by our Sauiour himselfe, for a principall, earnest, liuely, and most present consolation and comfort of mans conscience: yet both holy Scripture, and also the foresaide holy Sacrament, haue been, be, and will be the confusion, and condemnation of a great number of the abusers & indigne or vnworthy receiuers of them both. Should men, for the auoyding of all these aforesaide inconueniences, and for the reasons abouesayd, condemne and banish fire and water, forsake their meate and drinke, suppresse and forbid all maner of weapons, abolish and set aside the holy Scripture, deny or vnregarde the blessed Sacrament? No it were but madnesse once to thinke it. Therefore I say, the iudgement of that eye can neuer be equall and indifferent, which hath more respect and

Meate & drinke abused.

Weapons abused.

The Bible abused.

The blessed Sacrament may be abused.

Whose iudgements can neuer be indifferent.

regarde

regarde alwayes to the displeasures and hurtes possible to happen (onely through the misuse of a thing) then to the emoluments and profites dayly and commonly like to ensue to the well vsers of the same: that, that of it selfe is good, is neuer to be disalowed for the sake of them that do abuse it. For as the Apostle also doth testifie, To them that be good themselues, euery thing turneth to good, what euer it be, is to them a sufficient matter and occasion therein to seeke the glory of God, and the onely profit of their euen Christen: And contrarie, such as be of ill disposition, in euery thing (be it neuer so good and salutary) picketh out matter of maintenance to their lewdnesse, turning matters of sadnesse and discretion, to foolish and pyuish prating contention.

To the good euery thing turneth to good.

The condition of such as be ill.

Wherefore considering that there is nothing in this world so necessary, ne so good, holy, or vertuous, but that it may by wickednesse be abused, it shall be no great wonder, though this little booke also, made, written, and set foorth for a good purpose, yet by light and lewde persons be vsed contrary to godlinesse, honesty, or th'entent of the writer thereof. The abusion of this booke (in my simple iudgement) consisteth onely in these two points. The one is, least that some ill disposed person should wickedly abuse such medicines as be here declared for a good purpose, to some deuilish and lewde vse: What I meane by the lewde vse of them, they that haue vnderstanding, right soone will perceiue. The second point is, least that this booke happening into any light marchants handes, should minister matter vnto such to deuise of these thinges at vnset and vnseemely times, to the derision or ashaming of such women as should be in presence. &c. To these reasons can I make

Wherein this booke may be abused.

The seco[n]d point.

no

no better aunſwere, then hath been alleaged before. Notwithſtanding, yet I ſay, that I truſt, yea, and doe not doubt, but that this booke ſhall be ſo diſcreetly diuided abrode, that none of them ſhall fall in any ſuch perſons handling.

No light perſons ſhall haue any of theſe bookes.

Againe, if any do chaunce to them, I am ſure they will as ſoone reade this Prologue, as the reſt of this booke, the which thing when they ſhall doe, here ſhall they here of me, that they be in their doings neither honeſt, good, ne godly, but ſpeaking vnreuerently, contemptuouſly, and vntimely of ſuch things, they do great iniurie, diſhonor, and contumely to nature: For he that declareth any thing in man or woman, priuie or apart, talking and rehearſing it in reproach, derriſion, or confuſion of his euen Chriſten, can not be excuſed of mortall and deadly ſinne, for ſo much as contumelioulſly he aſhameth and confoundeth his euen Chriſten, wherewith he bringeth him out of his pacience, mouing him to ire and vengeance, in rehearſing of ſuch things, and after ſuch ſorte, as he knoweth ſhoulde agreeue and vexe his minde. Wherefore for ſuch deedes, he ſhall not bee accounted of the number of honeſt and ſage perſons, but of the light and lewde. Yet another ſorte is there, which would that neither honeſt ne vnhoneſt men ſhould ſee this booke, for becauſe (as they ſay) be a man neuer ſo honeſt. yet by reading here of thinges to them before vnknowne, they ſhall conceiue a certaine lothſomneſſe and abhorring towards a woman. To theſe I aunſwere, that I know nothing in woman ſo priuie ne ſo ſecret, that they ſhould neede to care who know of it, neither is there any part in woman more to be abhorred, then in man. And if the knowledge of

Of fooliſh and lewd talkers.

Some would that neither honeſt nor vnhoneſt ſhould haue this booke.

ſuch

such things which commonly be called the womans priuities, should diminish the harty loue and estimation of a woman in the minde of man, then by this reason, Phisitians and Chirurgians wiues should greatly be abhorred and misbeloued of their husbands: and I my selfe likewise, which writeth this booke, should marueilously aboue many other abhorre or loath women. But to be short, there is no such thing, neither any cause therto why. Wherefore all such slender reasons set apart, let no woman be greeued who shall see or beholde this booke: for if the party be lewde, vnhappye, and knauish that shall reade it, here I am sure hee shall learne neither lewdnesse, vnhappinesse, ne knauery. Howbeit, generally to all men in whose handes this booke shall chance to come, I counsell and exhort, that they take not vppon them to talke of any things herein contained, but onely where it may edifie, and be assuredly well accepted. For women lightly will not gladly heare of such matters by any man, vnlesse it be a Phisition, of whom they require counsaile, or of their discreet husbands. It shall be no displeasure to any honest and louing woman, that her husband should reade such things: for many men there be of so gentle and louing nature towards their wiues, that they will be more diligent and carefull to reade or seeke out any thyng that should doe their wiues good, beyng in that case, then the women themselues. Briefly, I require all readers hereof, to interpret and construe euery thing herein contayned according to the best, and to vse euery thing herein entreated of, to the purpose wherefore it was written. Fortruely as for my parte, considering the manifolde, dayly, and imminent daungers

No matter who readeth this booke.

The exhortation to all readers.

The consideration why this booke was set forth.

and

and perils, the which all manner of women, of what estate or degree soeuer they bee, in their labours doe sustaine and abide, yea many tymes with perill of their life (of the which there be too many examples, needlesse heere to be rehearsed) I thought it should be a very charitable and laudable deede, and right thankfully to be accepted of all honourable and other honest matrons, if by my paynes this little Treatise were made to speake Englishe, as it hath been longe sith taught to speake Dutch, French, Spanishe, and diuers other languages. In the which Countries there be fewe women that can reade, but they will haue one of these bookes alwayes in readinesse, where also this and other such bookes be as commonly solde at euery Stationars shoppe, as any other booke. The same commoditie then and profit which they in their regions do obtaine by enioying of this little booke in their maternall language, may also ensue vnto all woman in this noble Realme of Englande, it being likewise set forth in our Englishe speeche, so that to them which diligently will aduert and giue heed to the instructions of this little booke, it may supplie the roome and place of a good Midwife, and aduise them many tymes of sundry causes, chaunces, and remedies, wherein peraduenture right wise women and good Midwiues shalbe full ignoraunt. And truely (as I haue been credibly enfourmed by diuers persons worthy to bee beleeued) there be sith the first setting forth of this booke, right many honorable Ladies, and other worshypfull Gentlewomen, which haue not disdayned, the oftner by occasion of this booke, to frequent and haunt

This booke set foorth in many other languages.

How Ladies and Gentlewomen haue vsed this booke.

women

women in their labours, carying with them this booke in their hands, and causing such part of it as doth chiefly concerne the same purpose, to bee read before the Midwife, and the rest of the women then being present, whereby oft times, they all haue been put in remembrance of that, wherewith the labouring woman hath been greatly comforted, and alleuiated of her thronges and trauaile: Whose laudable example and doynges, would God that many proude Midwiues would ensue and follow: among the which, as there be many right expert, diligent, wise, circumspect, and tender, about such businesse as appertaineth to their office: So be there agayne many mo full vndiscreete, vnreasonable, chorlish, and farre to seeke in such things the which should chiefly helpe and succour the woman in their most painfull labour and throngs, through whose rudenesse and rashnesse onely, I doubt not but that a great number of women in their labour speede worse then needed otherwise. But here now let not the good Midwiues be offended with that, that is spoken of the bad. For verily there is no science, but that it hath his Apes, Owles, Beares, and Asses, which as aboue all other haue most neede of information and teaching, so most commonly againe, more then any other, will they kicke and wince against such as would them reforme or reduce to any better way then they haue been accustomed to in tymes past. And this do I say, because that at the first comming abroad of this present booke, many of this sort of Midwiues, moued either of enuie, or els of mallice, or both, diligented and endeuoured them very earnestly, by all wayes possible, to find the meanes to suppresse and abrogate the same, making all of their acquain-

Of Midwiues.

In euery science there be of all sorts.

Some Midwiues would haue had this booke forbidden.

The false surmises of the maleuolent.

acquaintance (whom they thought to haue any knowledge thereof) to beleeue that it was nothing worth, and that it should be a slaunder to women, forsomuch as therein was descried and set foorth the secrets and priuities of women, and that euery boye and knaue had of these bookes, reading them as openly as the tales of Robin hood, &c. The which sayings, as they were false, vntrue, and malitious allegations only of euill harted persons, to whom it was great griefe, that any by reading thereof should see or vnderstand more then they had knowledge of before: So is it very sooth and true, that right diuers of the better and more sober sorte were thereof full faine and glad, and very desirous to haue of them, and gaue faithfull counsaile also vnto women of their familier knowledge, to here the booke read by some other, or els (such as could) to reade it themselues. Whose honest and vertuous industry in that behalfe, as it dooth merite and deserue the laude and praise of all them that bee laudable themselues: euen so is the fylthy and vile ingratitude and dispituous enuie of the maleuolent, to be detested and vtterly abhorred of all people: Whose malignant wittes, if they might preuaile of their purpose, would slay the good courages of all honest interprisers, in those matters, and all other. And thus I conclude and make an end of this rude Prologue, requiring the gentle readers thereof, that if they finde any thing therein interpretable to diuers senses, to accept onely that which may make to the best, according to my meaning.

The good Midwiues were glad of this booke.

Enuie and vnthankefulnesse to be abhorred.

In

The first Chapter, in which is briefly *declared the contentes of the first* Booke.

ALthough that many thinges entreated of in this first Booke, shall seeme vnto some not very necessarie to the vnderstanding of the second Booke, yet then contrary doe I ensure and certifie (as I haue sufficiently sayde in the Prologue) that the ignorant in the first, shall be full blinde in the second, to the which the first is as a key opening and clearing the matters to be intreated of in the second. The vtility of the first booke,

In this first Booke then shall be declared the forme, maner, and situation of the inwarde parts of a Woman, such as are in them by Nature dedicate and assigned to the propagation, conception, and bearing of mankinde. In whom truly is the receptacle, and as yee would say, the campe or feelde of mankinde to be engendred therein. And although that man be as principall mouuer, and cause of the generation: yet (no displeasure to men) the woman doth conferre and contribute much more, what to the encreasment of the child in her wombe, and what to the nourishment thereof after the byrth, then dooth the man. And doubtlesse, if a man would demaund to whom the childe oweth most his generation? Yee may worthyly make aunswer, that to the mother, whether ye regarde the paines in bearinge, other els the conference of most matter in begetting. The contents of this booke. The woman conferreth more the generation then man.

Furthermore, in this Booke yee shall reade certaine

things, which in times passed haue been corruptly, negligently, yea and very falsely written of, and of the which both men, yea and Women themselues haue conceyued very erronius and misopinions, as yee shall farther perceiue in the processe.

Many things falsly written in times past.

Now therefore that wee come to the declaration of the Organs generatiue in woman, it shall be necessary to the better vnderstanding thereof, first to shew the description of certayne things, without whose knowledge this Treatise would bee many times the more obscure and darke.

In how many coates the bodie is lapped or inuolued. Chap. II.

The principall coats of the body.

THe body of man or woman is inuolued or compassed vniuersally with three principall coates.

Of the which the first and vttermost is called the skinne, in Latine Cutis, with whom generally euery part of the body is clad and incloled, the which yet in some part is more soft, delicate, and thin, then in some other, and in some one person more slowe and stiffe, than in some other againe, for causes needlesse heere to bee rehearsed.

The superficiall skin.

And yee shall note, that vppon the outward face and superficie of this skin, there is yet another thinner skin, in Latine commonly named Cuticula, and of some Efflorescentia cutis. This thin skin is it the which yee see rise like a bladder when any part of the body is blistered with fire or hotte water, so that betweene this thin

thinne skinne, and the very skinne, is contayned the Water which resorteth to the place by the violence of the fire or heate, the which thinne skinne also we vse to pricke to let the water issue foorth: also the same that skalleth or pilleth of the hands, or other partes of the body, being scabbed and beginning to dry. Item, the skin that the Adders do cast in the sommer time, is the foresaide thin superficiall skin, and not the very substantiall skin of the body indeed. For the very skinne neuer pilleth ne falleth of but by greate violence, as by flaying, like as beasts be slaine at the butchers, and as they flay conies. And againe the thin and superficiall skin, scale it or fall it off neuer so often, yet in the place of it is reingendred newe, as good alwayes as the former. But if the seconde and very skinne bee perished, by cutting or apostumation, or by other casuality, it will neuer be restored to his old perfection againe, but shall shew alwaies in the place wher it is (as it were) a seame scarre, or marke, smooth, & harder then the other skin, and without naturall powers.

The very skin skalleth not of.

The verie skin perished is neuer restored.

The second inuestiture or clothing of the body, is named the fleshie skinne, in Latine Membrana carnosa, so called, for because that it contayneth and is compassed of fleshines, more then any other kell or skin in al the body, and is as it were the lyning to the foresayde Cutis that is the very skinne immediately aboue him, the very skinne and it being both basted together, by a great number of small fybres or cordes enterlacing these two skins, so that with great payne vneth may they be seperated the one from the other. And farther, betweene these two skinnes runne a great number of Vaynes, Arteries, and Sinnues, in euery parte of the bodie,

The second coate.

The fleshy skinne.

so that the greate vaines which appeare so manifestly to your sight in the armes, temples, handes, legges, feete, and other places, runne betweene the proper skinne and the fleshie skinne, this being to them as a bed, and that as a couerlet.

The third coate is the fatte.

The thirde coate of the bodie, is the fatte, in Latine Adeps, the which doth so generally in euery part of the body inuolue and wrap the same, as the other two coates: but yet the man or woman being in any reasonable liking, it is found in euery part (except fewe) as the forehead, the temples, the backes of the hande and feete, with certaine other places needles heere to bee recited, and doth intercurre and run between the two foresaide skinnes, receiuing and imbracing in it selfe the small basting fibres, the vaines, arteries, and sinnues, which (as I sayde before) bee deriued from the one skinne to the other: And the greater foyson of fatte that there is betweene the two skinnes, the lesse bee the vaines intercurring betweene them conspicuous or sensible to the eye (th'abundance of fatte drowning and couering the greatnes of them) the which also in the selfe same place of a leaner or sparer person shall be seene very great, and as it were swollen veines, in comparrison of the latter. Item vnderstande yee that in some part of the bodie, naturally fattes doth abounde much more then in other some, as in the belly lightly the fatte is two fingers thicke and more: and in Women that be meanely fatte, in the thyes and buttockes this fatte is of three, yea foure fingers thicknes, which (as I sayde aboue) alwayes hath this place betweene the foresaide two skins.

Score of fatt letteth the shew of the vaines.

Fat in some part more thé some.

What is conteined next vnder the fleshie skinne.

Now immediatly vnder the fleshie skinne bee con-

tayned

teyned the Muskles of the bodie, so that the inner face or superficie of the fleshie skinne, where with it toucheth the Muskles, is alwayes bedeawed with a certaine slimie moysture, by which meanes the forsaid muskels, mouing and stirring vnder the fleshie skinne, be the freer, and haue the lesse impediment or let in their motion, and very easie it is to seperate this skin from the Muskels.

Here is declared what the Muskels bee.
Chap. III.

THe Muskles of mans bodie, be called the mouing cordes and fleshie strings, whereby any member of the body is moued too or fro, vpwarde or downewarde, or turned round. As for example: If yee close, or otherwise doe moue eyther of your hands, and in closing or mooving it, with the other hand do feele the wrist of that hande, yee shall sensibly perceiue (as it were) certaine cordes mouing vnder the skin, the which bee called Muskles, in Latine Musculi. To discusse curiouslie the nature or occasion of the name of Muskles, is not for this place. Heere it is sufficient to vnderstande what is meant by the name. Yet note yee well, that wheresoeuer there is great store of Muskles, and chiefely in the middle part of them, there is also great plentie of flesh, enterlarding and entermingling it selfe with the muskles, and as it were combynding, colligating, or knitting together the muskles; not so yet, but that neuertheless they haue their free motion.

What is ment by the name of Muskles.

The Muskles entermingled with flesh.

All other places of the body left apart and vnmentioned off, heere will I onelye declare a little of the muſkles of the belly, forasmuch as theyr operation is sometimes conferent and appertayning to the matters that we entend off.

The muſkles of the belly.

Ouer the amplitude of the belly, next vnder the fleshie kell or skinne, be foure muſkles, each situate and set vnder other, of the which, the vppermoſt immediatlye touching the fleshie skinne, be called Byaſwiſe deſcending muſkles, in Latine Muſculi obliqui deſcendentes. Of theſe muſkles there be two, in each ſide of the belly one, ſo that theſe two Biaſwiſe deſcending muſkles meete togeather in the middle region of the belly, and be extended or ſpread ouer all the amplitude of the belly, shaping thereto as it were another coate.

The ſecond Muſkles be naned the Byaſwiſe aſcending muſkles, in Latine, Muſculi obliqui aſcendentes, whoſe being is immediatly next vnder the inwarde face of the firſt muſkles. Of theſe alſo, as of the firſt, in each ſide or coaſt of the belly is there one.

The right Muskles.

The third ſort of the belly Muſkles, as they be ſituate in order, the one vnder the other, be called the right Muſkles, in Latine, Muſculi recti, which be double as the other two before.

The ouerwhart Muskles.

The fourth be nominated the ouerthwart muſkles, in Latine, Muſculi tranſuerſi, becauſe they tranſuerſe or ouerthwart the belly. In each ſide likewiſe of whom, there is one of theſe Muſkles, which in the middle lyne of the belly encounter each other, as I haue ſayde of the aboue named three Muſkles, ſo that the Byaſwiſe aſcending, and the Byaſwiſe deſcending, with the ouerthwart Muſkles, doe each of

of them couer and compasse all the whole breadth of the belly, but so doe not the right Muskles, for the breadth of them is but small in comparison of the other. All these foure Muskles bee to the entrayles and bowels within the belly, as foure seuerall coates, by the vertue and helpe of whom, together with the ayd of the midrife, all expulsion both vpwarde and downewarde, in the guttes, in the Stomacke, in the matrix of the woman in the tyme of labour, and also in the bladder in the time of making water, is wrought, and yet besides this vtilitie, they clothe (as I haue sayde) defend, fortifie, and strengthy the inward partes of the belly.

The vse of the foure belly muskles.

Of the Kell, called *Peritoneum*.
Chap. IIII.

VNder the last muskle of the belly, called the ouerthwarte Muskle, immediatly succeedeth a certayne thinne rime, kell, or skinne, named in latine Peritoneum, which compasseth round the amplitude and largeour of the belly, taking his originall at the bynders of the Loyne bones, and from thence dilating and spreading it selfe abroad, vnderlineth the ouerthwarte Muskles, the midriffe, and part of the shorteribbes. To bee shorte, this rime vnderlyneth all the whole cauity, holownesse, or amplitude of the belly, from the midriffe to the flankes or share, immediatly contaynynge and inuoluinge in it selfe all the whole contentes of the bellye, euen as the Skinne nexte

The Peritoneum and his office.

vnder the shell of an egge enuironeth and compasseth immediatly all the contayned meate of an egge. And as for peritoneum, doth not onely inuolue all the entrayles of the belly in his compas, but also yeeldeth vnto each entrayle a coate and webbe of the cloath of his owne body, by the which his liuerie, they be the more arctly and straightly affixed or fastened vnto himselfe, and farther, in themselues the stronger within the cauitie of the belly: and vnder this peritoneum, bee contayned these bowels following.

The vse and profite of the Peritoneum.

Fyrst the Stomacke, which is the first receptacle and receiuer of the foode or meate chawed and mashed before in the mouth, from thence descending ouer the winde pipe downe along the Stomacke gutte, and so consequently into the Stomacke, then the Kell, in Latine Omentum, the Liuer, the Splene, or Welt, the bladder, & the matrix, then yet the guts, vnder the guts, the kidnies, the maister vaine, and the maister Artery. But here we shall begin first to entreate of the matrix as the part which maketh chiefely to our purpose.

Bowels contayned vnder the Peritoneum.

The declaration of the names and nature of the Matrix. Chap. V.



Diuers names of the matrix.

Eere yee shall vnderstand, that these three wordes, the Matrix, the Mother, and the Wombe, doe signifie but one thinge, that is to say, The place wherein the seede of man is conceiued, setified, conserued, norished, and augmented, vnto the time of deliuerance, in Latine named Vterus et Matrix. The necke of

of this wombe, otherwise called the womans priuitie, we will call the wombe passage, or the priuie passage, in Latine, Ceruex vteri, et pudendum muliebre. The extreame end, or the first entrance of this priuie or wombe passage, yee shall name the passage port, for because that it is the port, gate, or entrance of that passage, or way into the Wombe or matrix, in Latine, Vulua. i. vulua.

The wombe passage then, or the neck of the wombe, taketh his beginning at the passage porte, and from thence flieth and mounteth right vpwarde vnder the sharebone, like a great conduict, varying in length and bredth according to the age of the woman. The neck of the matrix.

To make especiall mention of the length of this wombe passage were but follie, for the diuersities therof: Notwithstanding, in women it is esteemed of the length of. x. xi. xii. or xiii. fingers bredth, some more some lesse. And this we may say that nature hath so prouided, that it is of sufficient length to receyue the priuie parte of man in the generation, directing the same towards the Wombe Porte, thorowe the which the seede is naturally sent from the man into the Wombe or Mother, thereto helping an attractiue power, which is inset and giuen to the wombe, to attract and draw towards it selfe the seede parted from the man (so that there bee no other let.)

Of the Wombe and his parts. Chap. VI.

AT the head or vpper ende of this wombe passage, is situate the wombe it selfe, which in Women (being not with Childe) is very little, contract

tract and drawne together, so that the amplitude or largenesse thereof, passeth not the amplitude and largenesse of the priuie passage, the which thing to some may seeme vncredible, yet by Anathomie yee may see it to bee true. And for all this contraction, or drawing so neere together of the matrix, the outside of it is very smooth, moyst, glistering, and reddyshe, as it were a little redde, tempered with a great deale of white: the inside also of the matrix is smooth: yea, and though that the matrix, as we haue sayde, bee full of riuels and wrincles, by the reason that it is so contract from a great amplitude or largenesse (as may bee seene in the wombe or matrix of women with child) to this little compasse, yet may a body scarce perceiue in this inner side any wrinkle (albeit that there bee infinite) they be so finely and neere drawne together.

The wombe or Matrix in woman not with child contracted.

The cause of the contraction of the matrix.

This contraction of the Matrix, no doubt, was made by nature, for these causes, partely that at such time that the woman is not with childe, it should occupie the lesse roome in the belly, but chiefly, that in time of conception of the seede, the little bolke or quantity of the saide seede, at his first conceiuing into the womans Mother, may bee touched rounde aboute euery where of the Mother, and as yee would say, amplexed or embraced, and contayned (as the nutshell contayneth immediatly the nut) of the inner walles or face of the Matrix: and as the seede is viuified, shaped, and doth encrease, so doth the amplitude of the matrix enlarge and waxe bigger: so that at the laste when the Infant commeth to his full groweth, or when the Woman is great with Childe, then this coate or kell of the matrix is as

thinne

thinne as a bladder, where that in time of his contraction, or when the Woman is not with childe, the coate or wall of the matrix is as good as halfe an inch thicke.

How the matrix varieth the thicknesse and thinnesse of his coare.

Now yee shall vnderstand, that the sound or bottome of the matrix is not perfectly rounde bowlwise, but rather like the forme of a mans hart, as it is painted, sauing that the partition or clifte in the matrix betweene both corners, the right and the lefte, is not so profoundly dented inwardes as the clifte in the hart: For in the inwarde vault, cauitie, or holownesse of the matrix, there is a certaine seame, which beginning in the middle of the forepart of the matrix at the wombe port, dooth passe foorth by that foreside, and so by the bottome to the hinder side of the matrix, and from thence along downe to the wombe porte on the backe side as yee may more euidently see in the figure hereof. This seame then is as it were a little separition, marke, or limit, diuiding the wombe in two equall partes or sides, the right and the left: Notwithstanding, in the matrix there is but one vault, cauitie, holownesse, or amplitude, the foresayde seame being but as it were a note, signe, or scase sensible marke, running alonge the sides and bottome of the Wombe. But this seame or lyne, where it passeth the Wombe, is more crasse, thicke, and fleshie, propending, helding, hanging, or looking downewarde into the vaulte or amplitude of the wombe, the which Lyne in the sydes is nothing so manifeste ne sensible to bee perceyued. Thus yee may see that the middle parte of the bottome of the Matrix, is not so hygh as the two Corners or Angles on both

The sound of the matrix.

A certaine seame deuiding the matrix as it were in two parts.

In the matrix but one holownesse.

both sides be. Other distinctions or seperations in the matrix is there none, albeit that in times passed, diuers Clarkes haue written, and many other haue beleeued, that there should be seuen selles, or seauen distinct places in the matrix, in three of the which on the right side should onely men children be conceyued, and in the other three on the left syde women children: and if it chaunced that the seede were conceiued in the seuenth sell, which was the middlemost, then that should become a monster, halfe a man, and halfe a woman: The which al is but lies, dreames and fond fantasies. For the womans matrix, as I haue sayd, is euen as a strong bladder, hauing in it but one vniuersall holownesse, and the childe when it lyeth in it, lyeth euer on the one side more then on the other, the head being towards one of the corners or angles, & not vpright toward the middle bridge.

Certaine erronious opinions of vii. selles in the wombe.

The matrix hath but one holownes.

Of the Mother Port. Chap. VII.

Of the mother port, the situation thereof.



The entraunce of the matrix or wombe, is named the wombe port, or mother port, the which in substance and fashion much doth resemble the forme of an Haukes bell, or other little morris bels, sauing that it is much bigger, hauing a clift ouerthwart the body thereof, as you may more plainely perceiue by the figure hereof. And this port of the matrix is of substance more thick and grosse then the rest of the same, and as it were a kernel, round, and clift in the middest. This wombe port also is fastened and affixed to the vpper end of the wombe passage, as all the rest of the wombe is.

How

Howbeit, the middle parte of the wombe port, or the snowt thereof, where it bosseth downewarde, doth touch no side nor parte of the wombe passage, but onely holdeth pendant wise, or looketh downewarde: and whereas at such time that the man companieth with the woman, the priuie passage is dilated and opened to the quantitie of mans priuie part, yet notwithstanding, the mouth of the clift of the wombe porte is not moued thereby ne dilated: except it bee at such time that the Matrix, being apt and disposed thereto, and other conditions requisite, this wombe porte doth naturally open it selfe, attracting, drawing, and sucking into the Wombe the seede by a vehement and naturall desire. Notwithstanding, when the seed is conceiued in at this Wombe porte, it doth not alwayes remaine there, but many tymes issueth out againe, for some indisposition found either in the place, or in the seed it selfe. Albeit if the seed be retayned stil in the matrix, then doth the wombe port close it selfe so fast and so firmely, that the poynt of a nedle cannot enter in thereat without violence, and so doth remaine vntill the time of deliuerance: at what time againe it dilateth and openeth it selfe in such amplitude and largenesse, that it is wonderfull to speake off.

The wombe well disposed naturally attracteth the seede.

The closenes of the matrix after the seed conceiued.

Of the vessels of seede, called the Stones, with other thereto appertayning. Chap. VIII.

IF eche side of the Matrix lieth a stone, which both be called the womens stones, wherein is ingendred the seede and sparme that commeth from the woman, not so stronge,

stronge, firme, and mighty in operation as the seede of man, but rather weake, fluy, cold, and moyste, and of no great firmitie: howbeit, as conuenient and proper for the purpose for the which it was ordained, as the seede of man for his purpose. These stones be nothing so big as the stones of man, but lesse flatter, much fashioned after the shape of a great and broad almond. The substance and body of these stones, is not made massyke, or compact and softe, as mens stones bee, but as it were many little kernells sette together, betweene the which is much holownesse, and therein contayned a certayne thinne watery substance. This substance of the stones is inuolued and wrapped with a coate or thinne Skinne, very firmely annexed to the foresayde substance, which also dooth receiue into himselfe the seede bringers. Yee may name the same coate in Latine Supergeminalis.

Of the seede bringers. Chap. IX.

Of the seed bringers.

THe seede bringers, called in Latine Vasa semen adferentia, be two vaines and two arteries, which come to these two stones, to each one vaine and one arterie, and take their beginning on this wise.

The originall of the great vaine

Under the guttes (as yee may see in the figures hereof) bee situate the greate mayster Vaine, in Latine Caua Vena, and the greate Arterie, Arteria magna. The maister Vaine hath his originall of the Lyuar, from whence it descendeth downeward along the Loynes, vntill it attaine vnto

vnto the beginning of Os sacrum, where the arterie (as the worthier) beginneth to mount vppon the maister vaine, and in this place they both diuide themselues in two partes forke wise, the right parte of the forke proceeding into the right thigh and legge, the left, into the left legge, the Vaine euermore associate with the Arterie, the which hath his beginning of the hart, from whence hee is discended through the midriffe to this place, distributing to all places whereby he passeth Arteries.

The office of the great vaine is, to conduct and carry from the Liuer (which is the blood shoppe, where the blood is engendered) to all partes of the body blood, therewith to nourish them. For to the great vaine where they passe, there commeth innumerable small vaynes on euery side, euen as to the great Riuers many small streames on euery side do resort. The office of the vaines.

The office of the Arteries is, to spreade abroade in the bodie the vitall and liuely spirite, engendred in the bosome of the hart, and to refreshe and temper the immoderate heate which otherwise mought bee ingendred in the body, the which also sleepe wee or wake wee, doe contynually moone and beate, therefore the motion of them is called the Pulse: and looke after what manner the harte (which is the Well of these Arteries) dooth mooue or stirre it selfe, and euen so doe they. The office of the Arteries.

The hart then, and the arteries thorow him, haue two contrary motions: the one is, incloling it selfe, and the other, in dilating and opening of it selfe, which sort of moouings, we call the beatings of the pulses: when the Arteries doe open themselues, then they attracte, The hart & arteries haue two contrary motions.

draw,

drawe, or sucke in fresh ayre, to temper the heate of the bodie with all, and also spirituall and thin pure blood. But when they close themselfe, then do they expell mistie fumes and hot breathes, or vnnaturall vapors, such as of necessitie alwayes be ingendred in all parts of the bodie by the which blood doth passe, for causes too long heere to bee alleaged: neither is there any notable vaine vnassociate of an Arterie.

Nowe on the right side and foreparte of the great vaine, proceedeth a branche, deriued from that place along the loynes downewards to the head of the right stone: from the right side likewise and foreface of the great arterie, descendeth a branche thwarting ouer the great vaine downe towardes the right loynes, where it meeting with the foresaide vaine branch, before they emplant themselfe in the head of the stone, become both as one bodie, heere straight enlarging themselfe little and little, steplewise, not fully round, but flattish before and behinde, with the broder end planting and insixing themselfe into the head of the right stone.

The meeting of the vaine and arterie.

And at the vpper and smaller end where this vaine branche and arterie branche doe first meete, they begin to entermingle, enbrade, and enterlade each other in such infinit wise, writhing and deuiding themselues in thousands of little branches, as it were hayres of the head, the one imbracing, compassing, and ouerthwarting the other so confusedly, that no witte can expresse the right manner and order of their commixion. Call this part then in English, the braded body, in Latine *Varicoso formem plexum*: whose nether and broder ende as I haue saide before, affixed and implanted in the vpper head of the right stone, sendeth foorth branches and armes

The braded bodie.

armes into the body of the same stone, manifoldwise dispersed, spred and commixt: And also into the skinne or couer of the stone, called before Supergeminalis, from the sayd braded body, bee there deriued many small branches, much like vnto the little small vaines which yee see reddish in a mans eye.

And looke what description and processe wee haue made of the right side seede bringers to the right stone, euen the same vnderstand of the left side seede bringers to the left stone, sauing that the vaine branche which commeth to the left stone, most commonly taketh his originall of the nether side of the left kidney vayne, and not immediatly of the great vaine, as the other.

And yee shall vnderstand againe, that from the foresayd vayne and arterie of each side, at the place where they first conunction or meeting is, proceedeth a certayne branch of the vayne, associate with the arterie, which both passe forth together to the sound or bottome of the mother or matrix of that side where they stand, there dilating and spreading themselfe abrode in manyfolde smaller branches, to the nourishment of the body of the matrix.

Vaines deriued to the bottome of the matrix.

Of the office and vse of these Seede bringers. Chap. X.

THrough these seede bringers, blood out of the vaines, and liuely spirit out of the Arteries bee deriued, yea, rather (to speake more properly) attract or drawen into the stones, there by vertue and naturall instinction of the place altered and

The seede procreate of the vain blood, and the artirial blood;

and changed being first confused together, the bloode and the spirite, by mutuall amplexations or embracements of these two vessels, the vayne and the arterie being conioyned and knite in one very body, first beginning in the braded body, and then after in the whole body of the stone: So that through the manyfolde and infinite circulations of the attracted matter, by the conduites or vaynes infinitely intricate and writhed with a thousand reuolutions or turagaines (and all in the little compasse of the body of the stones) the blood and spirite commixed together, getteth another nature and property both in colour and in effect.

Note the ingin and policie of natnre.

And heere yee shall vnderstand, that most commonlye alwayes when that nature is disposed to make a transmutation of any matter, that can she not doe, vnlesse she haue a mine, shoppe, or workehouse, wherein by continuall circulation of the matter transmutable, shee may bring her purpose to passe. Euen as metalles and other minerals of the earth, haue their secret and vnvisible vaynes, in which by dayly and long coagitation, mouing, circulation, and hurling together, they bee brought from one forme to a nother, and made metalls yf that which before was none.

Foure mines in mans body.

Of these sorte of mines, there be foure principall in the body of man.

The first is the myne of blood, which is the liuer, in whom the iuyce of meate, before of colour white is transmuted into redde, made apte and fitte to nourishe all partes of the body, attract and drawne out of the stomacke and guttes, thorow very small and infinite little vaynes, into the liuer.

The hart is the second Mine.

The second mine is the hart, which of the bloode attract

attract and drawn from the great maister vaine, proceeding out of the forsayde liuer into his parlers, doth ingender vehement and liuely spirite, commixed with depured and greatly elaborated blood within the selles of the harte, from thence sent foorth thorow the Arteries into al the parts of the bodie, being in colour yealowish, thinne, and hot blood.

The thirde mine is the brayne, of whom all the sinewes take their originall. In whom the wittie spirit, the spirites of mooning and the spirites of all sensibilitie be ingendred, and thorow the sinewes sent to all partes of the bodie. For all such parts as moue and feele, haue that by reason of the sinnes deriued vnto those places from the head. The brain the thyrd mine.

The fourth mine is the stones, in whom by commixtion of al the other three forsaid mettals of the body, that is to say, vaine blood, arteriall blood, and liuely spirites engendred in the head, is engendred and produced seed, which bestowed in his due place, becommeth like a perfection to the creature from whence it came, that is to say of mankind, man. The fourth mine is the stones.

But yee shall vnderstande, that the receiuing of the seede into the stones, is not that there should bee any one only caue, holownesse, sell, vault, or parler, in the bodie of the stone, wherein it might be receiued and retained, like as the holownes of an egge, the meat being out of it, or of an hasell nutte, the kernell out of it, but farre otherwise: for the stones (cheefely in man more than in woman) be massiffe, not hard, but delicate and soft, as a soft kernell, full of small and almost vnsensible whyte vaynes, reuoluing them selfe in and out a thousande folde, and manifolde wise intricate together, within the How the seede is receiued into the stones.

which the seede is conuayed, carried, concocted, or digested, and altered, by vertue of the white flesh, which intercurreth and intermingleth it selfe euery where between the foresayde vaine, like as the earth doth intercurre and intermingle it selfe betweene and among the small fybres, beardes, or hayres of rootes. The white coate also or walles of the sayd vaynes, helping not a little to the transmutation of the colour from red to white.

How the colour of the seed is transmuted.

For euery thing that is liquid, as the seed is, receyueth alwayes a nature of the place, mine, or conduite, by which it runneth and passeth, so that when the conduit is very small and narrow, and long withall, then the liquor that passeth through it, receiueth and sauoreth so much the more the nature and condition of that vessel or conduit. As for an example: If there were a conduit or pipe made of lead, whose length were ten foote, and the inner compasse, holonesse, or cauitie of the same, but so much that an haire might passe through it: then say I, that a gallon or quart of water passing and thrilling through that narrow conduit should sauour much more of the nature and qualitie of lead, then though the holonesse of the foresayde conduite, being still of the aboue named length, were so large that a bowle might enter and passe thorow the same: For this reason, that when the water hath to passe thorowe so narrow passage, it maketh the longer iourney, and yeeldeth the smaller thread or strene, and therefore is touched more immediately and intyrely of the insides or inner walles of the conduit. And further, well we wot that a little quantitie is sooner ouercome and altered then a great: As a spoonefull of wine standing all nyght in a pewter or brasen potte, shall sauour much more of the pot then a

Liquid things sauor of the nature of the vessel through which it runneth.

A litrle quantitie sooner ouercome then a greater.

pint

pynt of the same: Likewise, if a man would coole hott drinke, by pouring of it out of one pot or cuppe into another, sooner & more perfectly shall the circumstant cold ayre alter and coole it, being poured out very softly, making thereof a fine and small streene, then if he did the same hastely. And truely this engine and pollicie doth nature vse in euery part where she causeth any notable transmutation, making the matter transmutable to passe through long straightes and narrow turagaine lanes, the matter bowing, enclining, and apting it selfe alwayes to the disposition and nature of the vessels thorow which it cooleth or runneth: so that the sparme or seede of man or woman, being attracted by the foresaid seed bringers into the stones, passeth by many narrowe straightes, which being before baine blood and arterie blood, by vertue of the places through which it had to passe, becommeth from red colour to white, & of much more perfection then it was before. For this transmutation of blood into sparme, is not only in colours, but also in properties and absolute perfection. What greater wonder or miracle is there, wherin we may knowledge and beholde the omnipotencie of God, then to consider how that of the meate and drinke which we dayly doe eate, by digestion first of the stomacke, the fine iuice therof is seperated from the drosse and grosser part, and then after at the second hand, the foresaid iuice passing thorow the guts, attract and drawne into the liuer thorow infinit small baynes, there transmuted into blood, from the liuer sent into the great maister baine, from the which the hart drawing part, transmuteth certaine thereof into Arterie blood. Againe, the stones drawing other part, maketh thereof, and of the arterie blood,

The policie of nature.

The transmutation of blood into sparme.

How meat & drinke is transmutated into blood.

whorled, circulate, and coagitate together, sparme: which sparme bestowed and conceiued where it should be becommeth mankinde.

The seed in woman, not firme as in man.

This foresaide seede, as we haue saide before, is nothing so firme, perfect, absolute and mighty in woman as in man, and yet can you not call this any imperfection or lacke in woman: for the woman in her kinde, and for the office and purpose wherefore she was made, is euen as absolute and perfect as man in his kinde, neither is woman to be called (as some do) vnperfecter than man (for because that man is more mightier and strong, the woman weaker and more feeble.) For by this reason, the Horse, the Lion, the Oliphant, Camell, and many other beasts should bee called more perfect than man, to the which man is not able to compare in naturall might and strength.

Who be vnperfecter the one or the other.

But truely, comparing one man to another, such as be gelded and want the genetories, bee much feebler, weake, and effeminate, then other: in boyce womanlike, in gesture and condition nice, in softnes of skin and plumpnes of the body fatter and rounder, in strength and force impotent, nothing manly ne bolde, the which imbecility in them, may well bee named imperfection. For imperfection is, when that any perticuler creature doth lacke any property, instrument, or quality which commonly by nature is in all other, or the more parte of that kinde, comparing it to other of the same kinde, and not of another kinde.

Thus we haue sufficiently talked of the seede bringers and stones, with their offices. Now shall I declare what becommeth of the seede, being thus engendred, and whither it is conuayde.

Of

Of the way by the which the seede is sent from the stones to the Angles and corners of the Matrix. Chap. XI.

AT the lower end and foote or base of the braded body, where it is infixed & planted into the head of the stone, on the backe side halfe of the stone there is the beginning of another vessell, which may be called the seede carrier, in Latine Vas semen deferens, whose body is white, & hardish, like an hard sinew. And from that part where it taketh his beginning, it passeth downwardes to the side of the stone, hooping and compassing along the side thereof (as yee may more expressly perceiue in the figure hereof) till it come to the lower end or base of the stone, from thence againe resting or remounting vpward, creeping along the other side of the same stone, till it come & attaine in maner to the middle region of the stone, on that side, all the way as it creepeth, firmely fastned & affixed to the body of the stones, as the eye branches do fasten themselues to the walles, by which they creepe. Of the seede bringers.

The bellye and inner side of the said seede carryer, whereby it cleaueth to the outside or face of the stone, being flattish, the backe or vtter side thereof roundish and smoothe, from the beginning and head of this vessell, to this latter end, in manner of equall corpulencie or bignes, but infinitely wreathed as an adder or yeele when they slide fast or hastely, make of their long bodies ma-

ny halfe hoopes, halfe circles, or wreathes neere ioyned together, howbeit, these wreathes be not so frequent and thicke in the woman as in the man. Therfore this part of the seede carriers may be called the worme, in Latine, Corpus lumbricosum, for because that it hath many conuolutions, as wormes lying together haue.

Of the part called the Worme.

And if yee bee disposed to seperate this forenamed worme from the face of the stone with a sharpe knife, yee shall perceiue no maner of holownesse or cauity of vayne or other conduite, but as it were ruggednesse, by reason of seperation from the partie to whom it was before so suredly annexed. And yet no doubt, there is verely in it cauity and holownesse, by and thorow the which seede is carried into the angles of the Matrix. Now then when this foresayde wormie body hath attayned to the middle region (as it were) of the stone, it beginneth to depart from the bodie of the stone, and is no more (as it was before) thicke wreathed, but plaine, smooth, and round, like a round sinew, with an vnsensible holownesse, departing from the stone along the inside of the belly, ouertwharting the guts, to the angle or corner of the matrix, on the right side thereof (if it proceede from the right stone) and on the left side (if it come from the left stone) and that not straight or forthright, but somewhat bowing and crooking it selfe in two or three crookes by the way. These seede caryers receiueth the seede conficted, concocted and digested in the stones and foresaid seed bringers, conuaying and directing the same from the stones to the inside of the corners of the Matrix, so that they which do open dead women, shall alwayes perceiue in the holownesse of the matrix, these two angles or corners specially bedawed

or

or imbrued with a white slimie and thinne cleare matter, which no doubt is the womans seede: and in women, hauing great and feruent desire to any man, this seede doth issue from this foresayde place downe along to the womans priuie passage; moystning all that part as it were with a deaw. Aristotle, and other moe, do suppose that this seede in woman, serueth for no other purpose, but onely to recite, moue, and stirre the woman to pleasure. But some peraduenture woulde thinke that this were but a simple, and an idle or slender purpose, which if they did more neerely consider the matter, should perceiue it to be a iust, great, and necessarie cause. For if that the God of nature had not instructed, and inset in the body of man and woman such a vehement and ardent appetite and lust, the one lawfully to companie with the other, neyther man ne woman would neuer haue beene so attentiue to the workes of generation and increasment of posterity, to the vtter decay in short time of all mankinde. For yee shall heare some women in time of their trauaile, moued through great paine & intollerable anguish, forswere and vow themselfe neuer to companie with a man againe: yet after that the panges passed, within short while, for entyre loue to their husbandes, and singuler naturall delight betweene man and woman, they forget both the sorrow passed, and that that is to come. Such bee the priuie workes of God, and such be the prickes of nature, which neuer createth no spetiall pleasure vnaccompanied with some sorrow, neyther is therefor the most part any sorrow, but that it hath annexed some ioy or comfort, lesse or more, to alleuiate and lighten the burthen and weight of displeasure.

The pricke of nature.

No ioy without some sorrowe.

Here

Here is declared the situarion of the bladder in Women Chap. XII.

NOw for the vicinitie and neighbourhood that is betweene the priuie passage and the bladder, heere I will declare a little the nature of the bladder.

The bladder in woman is assituate and set vppon the forepart of the mother, whose necke is annexed, fastened, and vnite within the priuie passage, vpon the foreparte thereof, as yee may see in the figure hereof, so that it is very hard to seperate the one from the other. This necke of the bladder in women is much shorter then in men, the which necke is enuironed and compassed with a Muskle, called the Bladder Muskle, as it were with a brode and flatte hoope ring, firming and clasping the vrine passage, in such wise, that no vrine can issue out of the bladder, till such time that this muskle doe open it selfe, and licence it thereto: Which thing commeth to passe, either when the bladder is ouercharged with vrine, or els that the vrine, although that it be but little in quantitie, yet haue some cholericke quality with it, which for the sharpenesse and eagernesse of the quality, pricking and tickling the muskle, causeth it to open it selfe many times for little quantitie.

The muskle of the bladder.

How the bladder muskle is forced to open it selfe.

The description of the bladder.

The body of the bladder is round, into the which a little aboue the necke thereof entreth the second vrine conduites, deriued from each kydney one.

And heere yee must first vnderstand, that on each side

of

of the great maister vaine, and likewise of the Arterie, is situate a kydney, in Latine called Ren: and to euery of them from the saide great vaine and great Artery, is there deriued a branch of the vaine, and another of the Arterie, by the which branches the kidneys doe attract and drawe blood vnto them, the which so drawne, they doe (by their natiue office) seperate and deuide from the watery part, sending foorth the water, (otherwise called vrine) downe to the bladder, through the vrine vaines or conduites.

In these kydneys is there many times in a great number of people engendred the grauell or stone, which is called the stone in the backe, the which when it is broken eyther of it selfe, or els by vertue of medicines, the grauell, rubbell or peeces thereof, descend from the raynes or kydneys into the bladder, by the forenamed vrine conduites, and so from the bladder out at the yarde, where, if the peeces be rockie or bigge, it causeth to the partie, in the auoyding of them, vntollerable paynes and torment. And note, that for the most part the right kidney euermore standeth higher than the left.

Of the stone engendred in the backe.

Nowe againe yee shall vnderstand, that when the vrine, pisse, or water, is once entred through the foresaid vrine conduites into the bladder, it cannot returne vpward againe the way that it came (were the bladder neuer so full) for because that where as the saide vrine conduites do enter into the bladder, in the inner face of the bladder there be set before the mouth or gull of the conduites certaine little skinnie flappes, which suffer any thing to enter in, but when it is once entred, these skinnie flappes close the passage, and defende that nothing

The vrine once entred into the bladder, cannot reuert.

thing can rebound, ne reflue backe againe, euen as it is in a payre of bellowes, which haue euer a great hole on the one side thereof, to lett into the bellowes great store of winde or ayre at once, but when the bellowes is full of winde, if yee stoppe the nose thereof with somewhat, there will none therof returne againe out by that way, the flappes of leather crossing and defending the passage: yea the more vehemently and the harder that yee presse both sides of the bellowes together, the faster and more stifly doth the flappes stop the way, & cleaue to the boordes of the bellowes, the violence and force of the winde closing and stopping his owne way, so that the bellowes would sooner breake, then that the ayre should come out there. And euen so it is in the bladder, sauing that the sayd skinnie flappes of the bladder, be more craftily, properly, and artificially wrought, then any man can deuise.

When there is then any notable quantitie or qualitie of the vrine gathered together in the bladder, the bladder muskle naturally doth open it selfe, and letteth it foorth, passing thorowe the priuie passage on the forepart thereof.

The stone engendred in the bladder.

In this bladder also, as in the raines, is there in many people engendred the Stone, whereof commonly ensueth the Strangury, Disury, with other diseases. The stone engendred in this place, if it be of any notable quantitie, is very hard or rather vnpossible to bee dissolued or cured without insition and cutting out. But women be not so prone ne apt to engender the stone in the bladder as men be, because the neck of their bladder is shorter and larger, howbeit notwithstanding diuers of them be herewith greeuously encumbred.

Of

Of the vaynes which resort to the matrix, and the partes thereof. Item, of the Termes and their courses, with the causes thereof. Chap. XIII.



Naſmuch as the abſolute vnderſtanding of the nature of the Termes in women, can not well be perceiued, except firſt it be known what vaines, how many, from whence, and after what ſort they do attayne to the matrix: therefore fyrſt I will intreate of them, and then conſequently of the Termes.

Three notable vains reſorting to the matrix.

Vaynes then notable, which may bee perceiued by Anathomie to reach from ſeuerall partes of the great Vena Caua, or maiſter vaine, to the Matrix, and the partes thereof, be three, to whom for the more cleere diſtinct, and euident doctrine ſake, I will giue three diſtinct and diuers names. The firſt ſhalbe named the bottome vaynes of the matrix. The ſecond, the necke vaynes of the matrix. The third, the ſharpe vaynes.

The bottome vaynes.

The bottome vaynes be they, which proceed and take their beginning at the ſeede bringer vaynes, from whence they attaine to the bottome or ſound of the matrix, there dilating themſelfe brode in manifolde ſmall ſlippes, nouriſhing the bodie of the matrix, as hath been ſayde alredy in the end of the ninth Chapter.

The necke vaynes.

As touching the necke vaynes of the matrix, yee ſhall vnderſtand, that in the forelayd ninth Chapter, I ſhewed you how that the great maiſter vaine, and the great arterie aſſociate together, when they attaine about Os ſacrum, they beginne to deuide themſelues in

two

two partes forkewise, of the which the right (and so likewise, the left) part of the forke is rediuided in other two partes forkewise also, whereof the vtter most and greatest vaine passeth downe along till it come to the hockle bone, ouer whom it proceedeth into the vtter part of the thigh, and so along downe to the legges and feete. The innermost and left or smaller part or vayne of this second diuision, where it parteth from the vppermost, passeth down along vntill it come to the great hole which is alwayes in the sharebone, through which it entereth into the inner part of the thigh or flank. But by the way, or it attayne to the sayde hole of the share bone, it sendeth foorth diuers slippes and smal branches in the necke of the Matrix, and the neither parte of the bodie of the matrix, and also to the bladder, as yee may more cleerely see in the figure hereof.

Of the neck vains of the matrix.

The share vaines.

The share vaynes take their beginning at the inside of the aboue named vppermost and greatest vaine, euen at the place where it beginneth to passe ouer the hockle bone, from whence this slippe is deriued on each side, that is both the right and the left, vnto the middle of the sharebone, where in men it sendeth forth branches into the shinne that couereth the priuie part and the coddes, and also the Peritoneum, which is the place that is betweene the fundament and the yard: in woman this vayne where it attayneth the middle parte of the sharebone, it deriueth and spreadeth it selfe vnto the lappes, sides, or extreame ende of the priuie passage, and also in the sayde Peritoneum. And this shall suffice for the declaration of the vaynes which resort to the Matrix and her partes, saue that ye must vnderstand, that looke what order or procession of the vaines commeth to

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the matrix from the right side, the same selfe order is likewise in the left side: and againe, that none of these vaynes runne to the Matrix, or other where, vnassociate of an arterie.

Nowe to come to the declaration of the nature of Termes: yee shall vnderstand that they bee called in Latine Menstrua, so, because that once in a moneth they happen alwayes to womankind after xiiii. or xv. yeeres of age passed (being in their perfect health) in English they be named Termes, because they returne eftsoones at certaine seasons, times, and termes: and some name them theyr flowers. What name so euer yee giue vnto it, yee shall wit, that the thing meant therby, is nothing els, but the issuing of certaine blood, comprehended in the vaines of the matrix, there by little and little collected and gathered betweene terme and terme, and so againe, at wonte and accustomed times, by nature expelled and sent foorth. What is meant by this worde Termes.

The which blood, the matrix vaynes do attract from the great Vena caua into this part, & that not sodainely, or at once, but very soberly, and with much leysure, yea so much, as there is space betweene the one hauing of the flowers and the other (which is commonly three weekes, more or lesse, according to the womans wont) so longe be these sayd vaynes in filling, and if they were sooner full, sooner also would they send it foorth againe. For when they be once replenished, they cannot conueniently or naturally containe or drawe any more, till they be lightened and discharged of that that is drawn alredy.

Wherefore at the foresayd certaine circutes and termes, the small endes of these Matrix vaines open themselues

themselues in the inner face or superficie of the matrix, after an insensible and secrete priuie sort, and so let to passe foorth this blood, which as I haue sayd, is called the womans termes.

The cause of the ordinance of Tearmes.

The cause and reason why nature created this perpetuall course of termes in women, is this: Forasmuch as Almighty God hath so instituted, that women should be conceiued, efformed, or fashioned, augmented, nourished, and brought to perfection. This could not bee done, vnlesse there were a commodious and conuenient place to this office assigned and destinate; whereof nature created the wombe or matrix to be the said receptacle and house of office, wherein she might at her leasure worke her diuine feats about the seed once conceiued.

Againe, it is not enough the seede to bee placed, vnlesse also it haue foode and nourishment, to the encrease and augmentation of the same, wherefore prudent Lady Nature full wisely hath prouided, that there should alwayes be prest and redy a continuall course and resort of blood in the vaynes of the matrix, as a very naturall course, spring, fountaine, or well, euermore redy to arrouse, water, and nourish the feature, so soone as it shall bee conceiued: yea, although the woman do neuer conceiue, other because she accompanieth not with man, other els for some other infirmitie, yet is there no fault in Nature, who hath prepared a place and foode to be at all times in a redinesse.

Which foode, although it be ordayned for this necessary purpose, yet when the purpose fayleth (as it dooth when there is no feature in the wombe to be fed therewith) it should be to the place but a burthen and vnprofitable loade, there to remayne or linger: wherefore

then

then I say, at her set and prescript time she laboureth to cleare her selfe of it, and to expell it as superfluous & seruing to no vse. The which thing when she hath so done, yet vnto the said vaines of this continuall spring, resorteth of new againe other fresh blood, in the place of that that is departed, which by little and little cooling into them, in the wont circuit of time refilleth them, and then yet issueth againe, & so this continuall course dooth keepe alwayes in women, from their youth, till they come to about fifty yeeres of age, or little more or lesse, at what time naturally this spring dryeth away, which when it is gone, it is impossible for the woman to beare any mo children. For were the woman neuer so young and lustie, yet if she neuer had her termes (as some such there be) she shall neuer also haue children, albeit it may bee that she may conceiue, but the seede conceiued cannot proone, but melteth and issueth foorth againe for lacke of nutriment. Item yee shall note, that where as some write and say, that the womens termes follow the course of the Moone, so that in the full or in the wane of the Moone they should alwayes come: this is not true, for they haue them at one tyme and other in all seasons of the Moone. Againe, as they come not to all women after one sort, or at one season, so is the time of their durance not all one in euery woman, for in some they linger vpon them v. vi. vii. yea viii. dayes at each terme, to their great effeoblishment, and strong paines in the backe: In some other commonly they passe not the space of three dayes at the vttermost, wherefore such sustaine little or no paynes at that time.

They that haue no termes cannot beare children.

To be short, all women (for the most part) which be

of very delicate and moyste complexions (as the sanguine chiefely be) haue greatest aboundance of termes, and longer time doth it endure vppon them. And contrary, such as be drye and chollericke, other by nature, or labor and trauaile, and such that be of complexion cold, haue least store of termes, and lesse time do they endure vpon them. After what manner the feature conceyued, is fedde and nourished with this blood matter, (at other times of the termes) I will declare, when that I haue somewhat first shewed the nature of certaine cauls wherein the Feature conceyued is wrapped and involued.

Of the three caules or wrappers wherein the Infant is lapped. Chap. XIIII.



The feede conceyued into the wombe or Matrix of the mother, anone it is amplected, clipped, and embraced of the inner face of the matrix, the mouth or port thereof in the meane while closed and shut exquisitely. The feede then when it hath been a certaine little space in the Wombe, by the naturall heate, or rather by the inset and ingenite vertue of that place, is enuyroned and enclosed round with three diuers coates, caules, or wrappers, which in Latine they call Involucra.

The feature conceyued, is wrapped in three caules.

The first and most immediate or neerest to the body of the conception, is a very thinne and cleere caule or skinne, which containeth round about the whole feature, and yet is fastened to no part of the feature, but onely at the Nauell by certayne vaynes and Arteries,

The first caule.

whereof we will speake anon: this caule in Greeke is called Amnios, in Latine Agniua, because it is as delicate as Lambes be. The Widwiues commonly call it the coyfe or biggin of the childe, and some call it the childes shirt, the which also many times proceedeth alone with the childe, eyther vpon the childes head, or one of the armes or legges. And then the women reserue it as a thing that should betoken some great lucke to the childe in time to come, for they beleeue that euery childe hath not such a coyfe because it doth appeare but seldome alone, vnaccompanied with other caules. Betweene this wrapper or coyfe, and the body of the Infant, is collected and gathered the yelowyshe sweate, which euaporeth continually from the skin of the Infant, whilest it is in the wombe.

The second wrapper or caule in Greeke is called Allantoides, in Latine Farciminosa, in English, these two termes doe signifie (haggaswise) because that it is fashioned much after the shape of the outwarde skinne or bagge of an haggasse pudding. The inner face and superficie of this caule is smoth and moyst, fastened to no part of the first wrapper, but onely at the Nauel of the childe, and containeth also round about in his compasse and cauitie or hollownesse the whole childe, and the sayd first caule. The second wrapper.

Betweene this and the first caule, is gathered together all the store of vrine that the childe maketh during the time it is in the mothers wombe, wherein the industrie of nature is to be lauded, which so prouideth, that this pisse or vrine of the Infante should be expelled betweene these two caules, and not remaine about the body thereof, least with the accrimony and eager sharp- Where the vrine of the childe becommeth.

nesse hereof, it should endamage and greeue the tender body of the baby.

The third wrapper named Chorion.

The third wrapper of the feature is named Chorion of the Greekes, in Latine, secunde or secundina, in English ye may call it the Secundine: Albeit that in the second booke following, I do commonly vse to name the whole afterbirth the Secundine. And no doubt but that the auncients which gaue the name (of secunde, or secundina) to this wrapper, gaue the name of the whole to the part, for this terme (secunde, or secundina) is proper and most due to the afterbirth, the which afterbirth, is nothing els but an issuing foorth, and proceeding of these three wrappers or caules, together with such grosse excrements as haue been engendred and remayning in the wombe, during the time of conception, and that immediatly after the childe is first proceeded and come to light: for first issueth the Infante, and then secondly the foresaid afterbirth, and therefore it may be iustly called the second birth, or secundine.

This wrapper or caule then, dooth not vniuersally, and in euery part compasse and couer the Infante as the other two wrappers do, but onely the middle region, as it were from the vpper part of the waste, to the share of the Infante, so that it is compassed with this wrapper, as with a brode hoope ring, the latitude or breadth whereof, is commonly to bee esteemed about the breadth of vi. or viii. fingers, and so girdeth the childe round about the body thereof, as it were a brode girth or swadling band: but yet yee must not vnderstand, that it should touch immediatly the body of the Infante, for betweene this and the body thereof (as I haue declared before) be the foresayd two other caules

or wrappers, which generally incloseth rounde the whole corpes of the Infant, where as this hoope caule compasseth and couereth but the middle region thereof onely.

The office and propertie of this wrapper is such: First the vtter face of it cleaueth and is affixed or basted very exactly to the inner face and walles of the matrix, by meanes of vnnumerable small vaynes and arteries, which at this time doe shewe themselues more clearely in the face of the Matrix then at any other time, the which also cleaue vnto this hoope caule, in euery part thereof, touching the same Matrix, so that the sayd hoope caule, and the inner side of the matrix, be basted very thicke together, by the immediate meanes of the said vaines and branches, euen much like as the body of the Iuy tree basteth and fastneth it selfe vnto the walles or trees, whereby it creepeth by many hearie fibres or small threeds. The office of the hoope caule.

This coniunction betweene the Matrix and the hoope caule, reacheth vniuersally so farre and so brode, as the latitude and longitude of the hoope caule dooth extende it selfe round about in the Matrix. And these foresayd vaynes and arteries, do not onely knit and vnite these two together, but also entreth into the substance of the hoope caule, at euery parte thereof. And within the sayd substance of the hoope caule, these manifold small branches meete and entermingle the one with the other, the vaynes with the vaynes, and Arteries with the Arteries, so that in their recountre and meeting, they produce bigger and bigger vaynes and Arteries (but fewer) till at the last all these become two great vaynes, and two great Arteries: The which

foure vessels from hence proceede together, passe and pearse through the other two caules spoken of before, and so entereth into the Nauell of the child, so that the three caules by the meanes hereof be attached, nayled, and fastened to the childes Nauel: and when they bee entred into the Nauell, the two vaynes degenerate in one, the which from this place mounteth vpwarde along the inner superficie of the belly, vntill it haue attained into the liuer, where it entering, deuideth it selfe againe into many slippes, so that no doubt the blood is carried through this Nauell vaine, from the vaines of the mothers Matrix, into the liuer of the childe, from whence againe it is attracted into all parts nourishable of the Infant.

Againe, the two Arteries passe from the Nauell downeward, the one along the right side of the childes bladder, the other along the left, till it attaine to the share Arteries whereof we spake before. Through these Arteries, liuely spirit and fresh ayre is deriued out of the mother into the child, wherewith the naturall heate of the childe is viuified and refreshed.

And these two Arteries, with the foresayd Nauill vaine, when the childe is borne, beginne to wither and drye, euery day more and more, and become much like a Harpe-string, without any holownesse or cauitie. Yet yee shall note that there is another vessell, which taketh his originall at the bottome, sounde, or vpper part of the childes bladder, and extendeth it selfe to the nauill of the Infante, through which it passeth, vntill it come betweene the first and the second caule without the childes body, where, by a priuie issue, deuised by nature for the same purpose, is expelled the vrine of the

Which way the child doth expell the vrine.

Infant

Infante, proceeding by this vrine baine from the bladder, as partly was spoken of before, and that part of this vrine baine which is within the body, when the childe is borne, dryeth and withereth away, as I said of the other.

The inner superficie or face of this Chorion, is very strongly affixed and fastned to the vtter superficie of the second caule, named Allantoides.

As for the basting that is betweene the Matrix and Chorion, many times it is weakened and effeebliſhed by reason of euill, flegmaticke, or colleriche humors thereabout betweene the bastings conceyued, which ouermuch abounding, do cloy the said basting baines or stringes, whereby many times the one seuereth from the other before conuenient season, and so causeth abhorrement. The mouthes or specks of the baines in the matrix, where it cleaueth to Chorion, be called in Latine Acetabula, and Cotiledones, for what cause or vpon what reason, is both needeleſſe and vnprofitable heere to be rehearsed. Againe, the substance of this Chorion is not thinne, like a skin, bladder, or caule: but of all other partes of the body, it may be most worthyly resembled to the soleane or melt in a man or beaste, the corpulency or thickines wherof, is as much, or more, as the thickeneſſe of the thumbe, the colour swartiſhe blacke. Of which colour also the bloud therein contayned, is as the remaine and refuse of the purer, attract and drawne naturally of the Infante by the aboue named nauell baine. So that (to be short) Chorion is the immediate receptacle and receiuer of all the baynes and arteries, to be deduced from the Matrix to the childe, and the childe receiueth onely at his hand

The substance of Chorion.

the two vaynes and arteries, which by the way as they passe and pearse thorow the other two caules towards the childes Nauil, they send into each of the caules innumerable small eye vaynes and arteries, whereby the caules be susteyned and encreased also.

The termes then, which were wont at other tymes to sturre themselues in the Matrix veynes, and at certayne circuites to issue foorth, now when there is a feature, or childe in the same Matrix conceiued, they proceede no more foorth (as superfluous) but remaine, and bee reserued to the necessary nutriment of the feature and some part thereof reflueth and is reuerted to the womens brests, there to become milke, as shall be sayde in the next Chapter. And now hath nature her purpose wherefore she made and created this course of blood, as hath been written sufficiently in the Chapter before. But here yee shall note, that they be greatly deceiued, and abused, which call the Termes the womans purgation, or the cleansing of their blood, as who should say, that it were the refuse, drosse, and viler part of the other bloode remayning in the body naturally euery moneth sequestrate and separated from the purer. for the vility and euill qualitie therein comprehended: For vndoubtedly this blood is euen as pure and holsome, as all the rest of the blood in any part of the body els.

The termes be of so holesome blood as any other part in the body.

Is it to be thought, that nature would feede the tender and delicate Infant in the mothers wombe, with the refuse of the blood, or not rather with the purest of it? Yes and therefore because that she would that the pure blood comming from the Matrix vaines should be made yet purer, she suffereth not the same to enter

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immediately into the Infant, but first bleth another meane, & sendeth it into Chorion, or the hoope caule (as I haue sayde before) where truly it hath certaine circulation, and another digestion, whereby it is defecate, and clensed very exquisitely, by the diligencie of nature attenuated and fined, and so at the last sent forth into the Infant, leauing all the grosser part in the spungy body of the hoope caule. The child being in the womb, nourished of the purest blood.

Yet much more are to be detested and abhorred the shamefull lyes and slander that Plinie, Albertus Magnus de secretis mulierum, and diuers others moe haue written of the venemous and dangerous infectiue nature of the womans flowres or termes, the which all bee but dreames and plaine dotage. To rehearse their fond words here, were but losse of Inke and paper, wherefore let them passe, with their authors. Slanders of the Termes.

Which of the three Matrix vaynes containe the Termes, and how the Milke commeth to the womans brests. Chap. XV.

I Shewed you heere before, that to three different partes and regions of the Matrix, there resorted from three different partes of Vena caua, three sundry vaine slips. Now which of these slips should bring the blood (called the termes) into the Matrix, or from which of them the termes should proceede, it is hard clearely to discusse, but onely by likely coniectures. And yet it is a thing very necessary to bee knowen, for the readier aduertisement how medicines for

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that purpose should be applied in that place when neede should be, eyther to prouoke the Termes by some casualtie stopped, or els contrary to restrayne them immoderately flowing. For if the bottome baynes of the Matrix do conteyne onely the Termes, then should any medicine conueyed vnderneath profite nothing, except it be conueyed so farre vp, that it may attaine within the holownesse of the matrix, the which is very little when the woman is not with childe.

Againe, if the necke baynes of the matrix doe onely containe these termes, then needed medicines to bee applied no farther then to that place. As for the third Matrix baynes, there is none that doth once suspect the Termes to proceede from them: But many there be, which doe suppose the termes to issue both at the necke baines, and at the bottome baines also, but most notable at the necke baines, because (say they) that these baynes doe appeare more conspicuous and notable to the eyes, when a woman is cutt open, then doe the bottome baynes, which may be very skantly perceyued: wherefore they thinke that these necke baynes should be the greater stirrer of Termes.

Againe (say they) we see many times that after the woman is conceiued, yet doth there issue Termes till the thirde, or fourth, yea sometimes the fift moneth, which now at this time cannot proceede out of the matrix, for the port or mouth therof according to diuers aucthors opinions, is so closed after the seede conceyued, that the poynt of a needle cannot enter but by violence and force. Wherefore they conclude, that the termes at this time must needes spring out of the necke baines, and not out of the bottome baines.

To those I answer, that both at this time, and at all other times, the termes issue onely out of the bottom baines, and out of such of the necke baines as spread themselues onely within the Matrix, as may be seene in the figure. For, insomuch as Nature did create the course of Termes for no other cause, but onely to be a prest and ready foode at all times to the feature conceyued, to what purpose should the Termes in the necke baynes of the Matrix serue, where there can neuer be any conception, neither the seede there can remaine? And as concerning the issuing of the Termes after conception, I say, that the porte of the Matrix is neuer so exactly close, but that such a liquid thing as blood is, may thryll and coole out of it, yea although (as they say) the point of a needle cannot enter in thereat. For yee may see, that betweene the chines and chinkes of closely ioyned boordes, the point of a needle will not easily enter, yet water, or any other liquid thing, may passe through without let: and euen so is it in the Matrix.

And yet for all this, it dooth not follow that the seede should passe out thereat as well as the blood, for the seede is of a more fast, compact, and stedfast substance. And besides this, by that time that the seed hath beene but a day or two in the Matrix, it wareth yet more stable and stedfast, by the naturall heate of the place, yea and is compassed with a thinne ryme, as a tender egge is vnder the shell, wherfore it will not so soone issue out of the matrix without great iniurie.

Here againe yee shall note the cause why that Phisitions doe counsell women which bee desirous to conceyue, and cannot for lubricitie, moystnesse, or waterishnesse

nesse of the Matrix (whereby the attractiue and attentiue power of the Matrix is debilitate and weakened) to take fumes and vapours vnderneath, or other medicines at the mouth, to drie the said humidities, immediately after the Termes be passed, and not vppon the comming of them: for if the woman should be conceyued vpon the comming of the said Termes, then would they commixe themselues with the seede, before the seede haue gotten yet any perfect ryme or caule, whereby the seede should be come the thinner, and be made fluy, and so to passe forth againe out of the Matrix, washed out with the Termes. But immediatly after that the Termes be passed, if the seede be conceiued, then shall it haue sufficient time to get a strong ryme or caule ouer it, before the Termes come againe.

And againe, whiles the little speckes or mouthes of the Matrix vaines be yet open, after the letting foorth of the Termes, they shall be the more apte to cleaue and to ioyne themselues with the feature, by meanes of caules wherein the feature is inuolued, and chiefly of Chorion, named the hoope caule, as hath beene sufficiently said here before.

Yet when the seede hath beene three or foure weekes in the wombe, it is not of sufficient quantitie to consume into his nutriment all the blood that was wont to resort into the matrix vaines, wherefore the first, second, yea and third month, sometimes at the womens wont time of Termes, there issueth and sheweth some blood more or lesse: the more in them which were wont at other times to haue aboundance of them, &c. And yee shall note, that when the childe is conceiued, and that the caule Chorion, is fastened and basted to the matrix

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by the vaines thereof, yet doe not all the vaines of the matrix attaine to the saade Chorion, but a certaine, so farre as Chorion doth reach: howbeit the larger that Chorion groweth with the childe, the moe vaynes doth he couer. Wherefore from those vaynes that be not yet affixed vnto Chorion, do the termees flow at this time: but when the childe beginneth once to come to a greater perfection and groweth, then is all the terme blood reserued in the Matrix, as little enough to satisfie the childe, and then also part thereof mounteth vp into the brestes, and becommeth milke, as shalbe sayde hereafter.

Yet againe to confirme mine oppinion, that the Termes do onely issue out of the vault of the Matrix: Ye shall vnderstand, that at sundry times I haue had two diuers women in cure, the one in London, and the other in Paris: Of which, the one by a fall of her horse, the other by a violent thrust and squat on the buttockes vpon the hard stones in the streete, being both neere the time of their purgation, chaunced also both of them into one manner of disease (that is to say) immediately here vpon their Termes did issue. and so continued dayly, to the one of them, the space of halfe a yeere, and to the other a whole yeere: so that after that time the Termes stayed againe, and issued no more dayly as before, but once in foure weekes, at what time they voyded great lumpes, cakes, or cloddes of blood, congealed together euen lyke the liuer of a beast. And in the meane time, betweene ech voyding of these lumpes of blood (which as I haue sayde came to passe once in foure weekes) euery day continually appeared and issued their white flowers (as they named it.)

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Now to declare the particuler occasions of this manner of voyding of the termes, ye shall vnderstande, that by the force of the fall and squat, the Matrix vaines brake, and that so much the more promptly, that they were the fuller of blood, and that neerer their time of purgation, vpon which bracke, the blood dayly issued after warde, whereby the vigour and kinde heate of the matrix, by little and little decreased and decayed, frigiditie and coldenesse succeded. By which occasion also the mouth or porte of the Matrix waxed the more contract and narrower: for colde closeth, knitteth, and congealeth. Hereto helpeth also not a little the great vse of colde binding medicines, which each of them did apply to this place, at the simple counsaile of ignorant persones.

The port then of the Matrix by this occasion closed and contracted, the blood wont alwayes dayly to proceede, remaineth within the Matrix, where as fast as it droppeth and cooleth out of the vaynes, it congealeth and cluddereth togeather, like as yee may see, that when a man is lett blood in a basen or other vessel, and that the blood stand still in it the space of v. or vi. houres, it will be concret and congealed in a cludder like a liuer, the watery part thereof swimming and flitting aboue vppon the face of it: and euen so is it of the blood, congealed in the matrix, so that when there is so much of this congealed blood, conceiued together in the sayd matrix that it cannot containe it any longer, then violently and perforce it issueth out together, with farre greater perill, danger, and dolour to the woman, then though she laboured with a childe.

The white flowers that issued, during the time that this

this blood gathered in the Matrix, was (no doubt) the very waterish part that fleeted when the blood coniealed, for that water can neuer conieale as the bloode dooth: wherefore euery day, as fast as the blood did conieale in the matrix, so fast also did the water seperate it selfe from the blood, and so issued.

Notwithstanding, I am not ignorant that the very white flowers in deede do proceade from the seede cariers, into the angles or corners of the Matrix, and so from thence outwarde: the which disease also, men haue many times. And it commeth eyther of the abundance of the flegme in the body, or of the corruption and euill qualitie mixed in the seede. &c.

These examples, as I suppose, may be sufficient euidences, that the Termes spring alwayes from within the matrix, and not from any part of the necke thereof. Item, I haue seene diuers other women, in whom their termes stayed the space of vi. viii. and x. weekes, wherewith their bellyes haue increased and waxed bigger, so that they haue thought themselues to bee with childe: Notwithstanding. at the last haue voyded such lyke lumpes of blood, as I haue spoken of before, not without great perill and daunger to them in the voyding, wherewithall their bellies haue relanked and decreased againe. And thus I make an ende to talke any more of the nature and course of the Termes. And now will I declare somewhat of the conueyance and course of the mylke into the womans brests: for there is great affinitie, communitie, and familiarity betweene the Matrix and the brests, which naturally do perceiue and feele anone when the Matrix hath conceyued, and then begin they to blue, and

to

to make redy their part, against the time that the Matrix hath all done her part, that is, against the childe be borne.

The milke which commeth to the brests, is engendred of the Termes (according to most mens opintons.) But to knowe which way the sayde Termes shoulde attaine from the Matrix to the brests, yee shall understand, that the vttermost and greatest bayne of the second diuision, spoken of in the xiii. Chapter, where it attayneth the hockle bone, redy to passe out of the hollownesse of the bellye into the thigh, before that it pearse the skell called peritoneum, it sendeth foorth a notable bayne branche, which from hence mounteth vpward alonge the bellye, betweene the right Muskle and the ouerthwart, till it come a little aboue the nauel, where the extreame or vpper end thereof deuideth it selfe into manifold little branches, meeting and enterminglíng them selues with the extreame little branches or slippes of an other like bayne, descending from the vppermost chestbone, downe along the inside of the chest, and the inside of the vpper parte of the bellye, vntill it meete with the foresayd mounting bayne, a little aboue the Nauill.

And yee shall note, that this bayne branche, proceeding from vena caua, at the highest chestbone downeward alonge the inner side of the chest or brest, by the way as it passeth, it yeeldeth certayne little slippes, and small branches of it selfe, betweene the ribbes, into the brests. Wherefore the consent of all aucthours is, that by the meanes of these descending bayne braunches at both sides of the body, and the other ascending bayne branches on both sides of the belly, there should

be great communitie and fellowshippe betweene the brestes in women, and the matrix or the wombe.

For doubtlesse by common experience yee may see, that when the time of conception in woman is, and that by this meanes the Termes be stopped, then as the Termes doe diminish and waxe lesse, so doth the milke in the brestes encrease and waxe euery day more and more: as who might say, that the superfluity of blood, wont at other times to boide in the name of Termes, now at this time by the prudencie and prouision of Nature, is retained as no superfluitie, but rather a necessarie humour, reuerted and destinate an other way, that is to say, sent from the baines of the Matrix, parte thereof by warde, by the forenamed ascending vayne branches, and at their hands againe receiued, and naturally attracted by the other descending brest vaynes, through whom it is carried into the brestes, where by new naturall circulations it is digested into white milke, being before red blood, ready now prepared to nourish the childe when nature shall send it into the world.

Againe, so long as the woman giueth sucke to the childe, and hath store of milke in her brestes, her termes be of very little or no quantitie. These bee euidences that there should be great familiarity betweene the matrix and the brestes, forsomuch as the ebbing of the one, is the flowing of the other: Wherfore Philitions, sometimes when the flowers issue more vehemently then needeth, they set boxin glasses vnder the brestes, meaning thereby, to reuert and returne vpwarde, the matter enclyned too much downewarde. The which practise how much it prevaileth, I will not heare dis-

pute. Yet in this matter to discusse the very verity, as neare as reason, and the knowledge of Anathomie will giue leaue, yee shall not vnderstand my sayings, that I should meane, that alwayes when the termes stop beneath, by any colde, thought, or other occasions, by and by the same blood to stye and mount vp into the brestes, and there to become milke: for the contrary heereof is daylye seene. For most commonly they in whome these termes doe stop for any other cause then conception, the superfluous blood retayned in the body and in the vaynes, wandring, causeth to the partie great headach, taketh away their stomacke, and engendreth diuers other inconueniences, neyther in the meane while is there any thing the more milke in the brests.

Wherefore yee may well say, that the cause of plenty of milke in the womans brests in the time of her being with childe, and much more afterwarde, commeth chiefely by a priuie naturall instinction, whereby it is giuen vnto the brestes at that time more then at any other, to drawe vnto it selfe greater aboundance of blood conuerting and altering the same, by the propertie of the place, into conuenient milke.

It is not a sufficient cause to repleniſh the brest (the Termes being by any occasion stopped beneath) but there must also concurre the attractiue power, inset in the brests, to drawe the said blood matter at other times of the Termes, without which attraction, bee the Termes neuer so long stopped, yet shall the brests be nothing the fuller. If it chaunce that this attractiue power halt, or be not able to attract sufficient matter to make milke vpon for the Infant, then Phisitions

are wont to helpe the debility of nature, with cupping glasses, set vpon or vnder the brests, or els with gentle attractiue emplasters applied to the same places.

And although that into the brestes do resort great store of other vaines, some descending from the vaines of the shoulders, & other some from the vaines passing by the arme holes, into the armes and handes, the which in moyson and notable bignesse, much surmount the quantitie of the aboue-named descending brest vaines, as it may appeare euidently in many women which haue these vaines appearing in the superficie of their brestes, immediately vnder the skinne, very conspicuous & sightfull: yet notwithstanding it is thought by strong coniectures, that the milke in the brestes should be engendred onely vpon the blood mounting from the aforesaid ascending Matrix vaines, and not vpon the blood contayned in the other vaines, how conspicuous soeuer they be, so that the blood in them comprehended, serueth onely to the nourishment of the substance of the brests themselues, and not to the maintenance of the milke.

To declare heere curiously the manner that nature vseth in circulating of the attracted blood, whereby alteration is made from one colour to another, would require a longer processe, the which for breuity we will omit at this time, with many other problemes, doubtes, and difficulties concerning the same. And so we make an end of this first booke.

The declaration by letters of the Figures following, wherein be set forth (to the eye), euery part in woman, mentioned in this booke before: which in the former printings hath beene corrupted, but now truely set forth.

☞ The first Figure of the parts of women, with the declaration and caracters of the same.



IN this first Figure is set foorth the tronke or stocke of a womans body, layde on the ground, whose Peritoneum is opened with the muskles of the Abdomen, and turned ouer toward the inside, according to the vse of cutting, and afterward we haue cut away all the bowels or entrayles from Mesenterium, the straight entrayle being yet left in the body, with also the whole Misenterium, whose pannicles we haue here somwhat taken away, and set a portion from the other, that the nature of Mesenterium might come to light: but this present Figure is for this cause principally declared and set foorth, that it might so shew the position of the Matrix or wombe, and the bladder, as in this woman it is seene, no part of the said Matrix or Wombe being mooued.

For here is as yet no pannicle pluckte away from the Matrix or wombe, but that all things are heere yet wholy seene, likewise as in women somewhat fat they do appeare to the cutter, the bowels being taken away. For women are so fat, that when they be vexed and killed with long sickneſſe, and become most leanest, then they shew no kinde of processe of vessels, vnlesse

lesse the pannicles or thinne couerings be seperated a=sunder.

A.B.C.D. The inner face or part of the former seate of Peritoneum.

E.E. A part of Mesenterium, knitting the thinne entrailes to the backe.

F.F. Here is noted another pannicle of Mesenterium, plucked from the other, which we haue marked with G. and G. But both the pannicles do shew the order of the vessels of Mesenterium, and the order of the kernels put betweene the distributions of the vessels.

H.H. In this part of Mesenterium, the entrayle Colon was committed and set to, where it was nighest to the straight gut.

I. And in this part of Mesenterium, did consist and stand the beginning of the intrayle Colon, or his continuance with the thin intrayles, and also the blinde gut.

K. The straight gut being there cut off where Colon did end, which seate or place is right against the place of the knitting togeather of the hockle bone, with the lowest turning ioynt of the loynes.

L. The former seate of the bottome of the Matrix, from whence is nothing perceiued pluckt away.

M. The right stone or testicle in a woman.

N. The left stone of a woman, and the former parte of this is here entirely seene, although there bee of the right but a small portion perceiued, and it is for this cause that wee haue in such manner set foorth the right stone: for both the testicles are couered with a pannicle, which pannicle bringeth downe the seede vessels of a woman, which doe spring from Peritoneum: but we haue vncouered the left testicle of that pannicle

with the hand onely, without any knife, leauing the right as you see. For this pannicle doth not growe to the former seat of the testicle in any part thereof, but lyeth there onely.

O. A pannicle springing and growing foorth from the right seate of Peritoneum, and committing the right testicle, with the seede vessels on this side, and those vessels which infolde the higher seate of the Matrix, to the backe, containing together the Matrix or wombe, and afterward with the pannicle of the other side, constituting the second coate of the Matrix.

P. This way in the foresaid pannicle, runne foorth fleshy fibres or thinne skinnes, constituting the right Muskle of the Matrix, or Wombe.

Q.Q. With these karacters, the pannicle of the left side is noted, which is correspondent and like to that pannicle which the aforesaid OO. did point to vs.

R.S. The former part of the neche of the matrix, couered as yet betweene R and S with that coate which the partes of Peritoneum offer vnto it, which bring foorth vessels vnto it, and from it, and do knit it to Peritoneum: but the space being betweene R and S, dooth shew the largenesse of the necke of the matrix: And the wrincles which are seene here, are they which the necke of the matrix falling into, it selfe not stretched forth againe, doth shew in the cutting.

T. The bladder, whose hinder part is here chiefely seene, for wee haue so cast our eye in the declaration and setting foorth of this Figure, as though wee would principally beholde in the body being prostrate and laide a long, the hinder seate of the bladder, which looketh towarde the matrix: For if yee will suppose

and

and imagine this body of a woman, to bee set vp-right, as that which next followeth, yee should thinke otherwise then the thing is, that the bottome of the Matrix is set foorth much hygher then the bladder.

V. This is a portion of the Nauell, deliuered in the cutting from Peritoneum, and turned ouer togeather with the vessels seruing properly to the child.

X. A portion of a vaine going from the Nauell to the liuer.

Y. A way going from the highest seate or place of the bottome of the bladder, pertaining vnto the Nauell, and bringing from thence the vrine of the childe, betweene his second and the innermost infolder.

Ket.& Shew two arteries creeping foorth hither from the Nauell by the sides of the bladder, and graft in, or continued in this place, to the branches of the great arterie, going principally to the holes of the bones aboue the priuie members.

The declaration of the second Figure of the members of women, and of the karacters of the same.



WE haue heere taken away the skinne from the right teate of this present Figure, that the nature of the teates might (as nigh as may be) be set before the eyes, and afterwarde we haue cut away the ventricle with the bowels, and also Mesenterium, and the splene, leauing the straight entrale in this place vnmedled with, as well as we did in the Figure before. And moreouer, we haue,

as it were, taken away the vttermost coate which Peritoneum gaue vnto it, cutting away also all the pannicles, that the vessels carying forth the substance and matter of seede to the stones, and also the vessels carying away the seede from thence to the Matrix, should appeare and be seene. Also we haue turned ouer the bladder downewarde on the left side, likewise breaking the way or conduit which beareth forth the vrine to it from the right kydney, that the insertion of the wayes of bearing forth the vrine to the bladder might appeare, and that the bladder should not let the inspection or sight of the Matrix or wombe. Last of all, we haue cut away from this figure a portion of the bones aboue the priuie members, that the necke of the Matrix and of the bladder might the more commodiously be seene.

AA. Vaines running forth oftentimes to the teates, from those wayes which are offered to the skin, which is brought ouer the height of the shoulder.

B. Vaines springing from those vaynes which are led forth by the arme hole to the hand.

C. The principall body of the teate.

DD. Karnels and fatnesse spread abroade euery where on the karnelly body, marked with C.

EFGH. The hinder outside or inside of the former seate of Peritoneum outwarde. For the former region of Peritoneum is heere bowed vpwarde and downewarde towarde the syde.

IK. Portions of Vaynes and also Arteries, creeping forth downward, vnder the brest bone from the throte.

L. The gybosyte or swelling seate of the liuer.

M. The holow part of the liuer is heere also somewhat

seene

seene.
N. A small portion or peece of the Vayne going from the nauill to the liuer.
O. The stocke of vena porta is heere cut away, with the vessels brought vnto it.
P. The holowe vaine.
Q. The great Arterie.
R. The rootes of the Arteries going to the ventricle, the liuer, the spleane, the caule, and to the bowels.
S. The beginning of a vaine infolding the fat coate of the left kidney.
T. The vaine and arterie which bringeth the whayish humour to the right kidney.
V. The vayne and arterie which bringeth the whayish humour into the left kidney.
X. The beginning of the vayne going into the fat coate of the right kidney.
Y. The former seate of the right kidney.
Z. The former seate of the left kidney.
aa. The way that bringeth the vrine from the right kidney into the bladder, but at the nethermost a, is broken away but the portion that is left of this way, and is continued to the bladder, marked with b.
b. The way that carryeth foorth the vrine from the right kidney into the bladder.
cc. The way that carreth forth the vrine from the left kidney into the bladder.
dd. The right seede vayne, whose beginning the higher d doth shew.
e. The seed vaine going to the left testickle.
f. The springing foorth of the Arteries of seede.
g. The right seede Arterie.

h. The

h. The left seede arterie.

ikl. The former part of the bottome of the Matrix, and i. sheweth the right blunt angle or corner of the sayd bottome, where k sheweth the left, but l sheweth the region or place of the matrix, where the mouth of his bottome consisteth, and where his neck beginneth.

m. This is the streight gut. And that I may the lesse burden both the sides of this Figure with many letters, I will at this present affix the Karacters but on the one syde onely.

n. A portion of the vaine and Arterie of seede, which do goe to the vpper side of the bottome of the wombe.

o. Portion of the vaines and Arterie of seede going to the testicle, and there ioyning and going together, and constituting.

p. A body like the spire of a steeple, and this letter p. doth poynt vs the roote or fundation of this body, whereas the sayde roote or fundation is committed and ioyned to the testicle.

q. From that sayd body such vessels runne foorth into the tunicles, committing and ioyning the testicle to Peritoneum.

r. The former face or part of the testicle.

s. The beginning of the vessell which beareth forth the seede from the testicle into the Matrix.

tt. The bowings and turnings ouer againe of the vessell which beareth foorth the seede, which turnings the sayd vessell maketh round about the sides of the testicle.

v. The going foorth of the vessell which carieth forth the seede of the matrix.

xx. The neck of the Matrix.

y. Vessels

y. Vessels foulding in the lower seate of the bottome of the Matrix or Wombe, and the necke also of the same.

z. A vaine comming from those vessels to the bladder, which vessels doe folde and winde in the necke of the Matrix: and this karacter also noteth the insertion of the wayes of the vrine.

μβ. The hinder seate of the bottome of the bladder.

γ. The muskle of the necke of the bladder.

δ. In this seate, the necke of the bladder is implanted into the necke of the matrix.

ε. Small skinnie portions of flesh, of the necke of the mouth, or opening of the Wombe or Matrix, and the small hillockes of the Matrix, with the mouth or opening of the necke thereof, neede here no speciall declaration with karacters.

ζ. The roote of the Artery, going into the lowest part of Mesenterium.

α. Vessels which doe ascend and rise vpwarde to the muskles of the Abdomen, from the vaines and Arteries which go into the legge.

The declaration of the Karacters of the thirde Figure of Women.

THis present figure sheweth the matrix or wombe, with the thinne couerings, which doe binde it to Peritoneum, cut foorth from the body, and the necke thereof, is here so folded togeather, and turned ouer, that the mouth or opening of the bottome of the Matrix dooth heere manifestly shew it selfe,

selke. And we haue likewise so opened the bottome and the necke of the bladder, that the holownesse of the same, with the insertion of the wayes of vrine, are here manifestly seene.

A. The former face of the bottome of the Matrix, being not yet vncouered of any pannicle.

B.B. The necke of the Matrix.

C. A part of the bottome of the Matrix, swelling forth into the vpper seate of the necke of the Matrix, in maner of a kernell.

D. The mouth of the bottome of the Matrix.

E.E. A pannicle knitting the Matrix to Peritoneum, and contayning his vessels.

F. The left testicle of the matrix.

G. The vaine and artery of seede.

H. Portion of the seede vaine and artery, comming to the vpper seate of the bottome of the Matrix.

I. A portion of the seede vayne and artery comming to the testicle.

K The vessell carrying the seede from the testicle into the Matrix.

L. The holownesse of the bladder.

M. The insertion of the wayes of the vrine.

N. Here hangeth forth a little peece of the wayes of the vrine.

The declaration of the Karacters of the fourth table or figure of Women.

c Small branches running forth into the pannicle, where they are committed and ioyned to Peritoncum.

' A portion of the paine and arterie going into the testicle, falling to the vpper seate of the bottome of the Matrix.

μ The commixion and going togeather of the seede paine & arterie, that is like the spire of a steeple, which we liken to the braded paynes, called varices.

λ The left testicle.

μμ The vessell carying forth the seede from the testicle into the Matrix.

υ The blunt angle or corner of the bottome of the Matrix, in whom the vessell that bringeth foorth the seede attempteth his insertion.

ϑ In this seate the bottome of the matrix is ended into the necke thereof, and in this region or place is the beginning of the mouth or opening place thereof.

ϛ τυ The necke of the Matrix or Wombe.

ϛ Here the necke of the bladder is brought forth into the necke of the matrix, and there endeth.

ϛ Those are vessels infolding the nether seate of the bottome of the matrix, and also his neck.

ττ The swelling brimmes at the mouth of the neck of the matrix.

υυ The wayes that bring the vrine from the raynes into the bladder.

The

The declaration of the Karacters of the v. vi. vii. and viii. Figures.



E haue now diuided this fifte table of the wombe or Matrix, contayning a male childe on the former side with a long section or cut, and another which are ouerthwart slyt, remouing and taking away, into the sides, parts of the coates of the bottome of the Matrix, yea, euen from the vttermost infolders of the childe.

ABCD. The inner side of the saide infolder of the matrix, which before the section was brought about and couered with the infolders of the childe.

EE. The vtter side of the Matrix, and the higher E noteth the top or the right angle or corner of the Matrix, brought forth vpward and toward the right side, more then towarde the left, because it is a man childe which is in the Wombe.

F. The first or the vttermost infolder of the childe.

GG. The second infolder of the childe is here also a great part seene.

H. A part of the necke of the Matrix, to whom in the other side we haue left growing to it a vaine and an artery, which is principally distributed into the lower seate of the bottome of the Matrix.

I Here is also yet left the right testicle, that the situation of it might be seene and perceiued in women being with childe.

The

The sixt Table or figure sheweth the infolders of the childe, taken whole away from the Matrix, and not broken.

K THe vttermost infolder of the childe.

LL. The second infolder of the childe, which forsomuch as it is transparant in manner of a panniele, it suffereth the childe (bewrapt within this third infolder) in it somewhat to be seene.

Of the seuenth Figure.

IN the seuenth Table we haue diuided the vtter and the second infolder of the childe, with a long section or cut, and we haue heere expressed and shewed forth both the sayd infolders, taken away from the third infolder, and the third infolder also yet whole.

MM. The thyrd or the inmost infolder of the childe, which because it is so thinne that one may easily see through it, the forme of the childe lying therein, somewhat sheweth himselfe to the eyes.

N. The proceeding or order of Vaines and Arteries, going to the Nauell from the first infolder of the childe,

OPOP. The second infolder of the childe.

And OO shew his inside, where PP sheweth his vtter syde.

QR. The first infolder of the childe, where Q. noteth the outside, and R the inside, but the proceeding and order of the vessels by the second and third infolder, are perfectly knowne without any helpe of the karacters.

What

What is shewed in the eight Figure.

THE eight Table or figure expresseth the childe deliuered from al his coates, & so it sheweth him lying, by the wonderfull prouidence of nature, not as the common opinion of the vulgar sort of writers affirmeth, but as you may heere see in these figures, and so doth it lie in the middest of the wombe. For it is most vntrue, that the child doth lie in the wombe round, like as it were bowed, so that the knees should touch to the face, but as he is set here in the viii. Figure. And obseruing this true situation of him, you shall finde commonly none other situation of the childe, nor ioyning of any ioynt of him therein, then is here expressed.

But in this figure *M M N O P O P Q R.* doe note the same as in the seuenth Table, saue *M* and *M* do shew the inside, or inner part of the third infolder. But *S* sheweth heere priuately the going foorth of the vessels of the Nauell, which is betweene the Nauell and the ioyning together of the vessels with the third infolder, which is also brought foorth with a great space betweene the shewing, where bee certaine (as it were) knottes or swellings, according to the number of the which knots more or lesse Midwifes foolishly do prokelie eyther few or many children to the woman, which of the learned men is taken but for a very fantasie, and worthy ofreprehension. And moreouer, when the childe commeth forth (as it chaunceth sometimes) hauing that about his necke, they say that it is the same childes destiny to be hanged, with many other foolish conceites, rather to be laughed at, then to be beleeued.

The

The declaration of the Karacters of the ninth Figure of women.



THe ninth figure sheweth the Matrix cut foorth of the body, being of that bignesse as it was seene taken foorth of a woman at the last Anathomy which I did see at the vniuersity of Padua in Italye. And moreouer we haue so diuided and cut a sunder the bottome of the Matrix by the middle, that the concauitie and holow bought within the same might be perceiued, and the thicke substance also of both the coates of the Matrix, in women when they be with childe.

AABB. The concauity and holow bought of the bottome of the Matrix.

CD. A line somewhat after the manner of a seame, called in Latine Scortum, which doeth belong to the place wherin the testicle doth lye, which swelleth somewhat foorth into the bought of the bottome of the matrix.

EE. The thicknes of the inner and proper coate of the bottome of the Matrix.

FF. A portion of the innermer bottom of the Matrix, swelling forth downeward from the higher seat of the Matrix, into the holownes and bought of the bottom.

GG. The beginning of the necke or opening place of the bottome of the Matrix.

HH. The second or vttermer infolder of the bottome of the Matrix, descended from Peritoneum.

II. Here we haue reserued a portion on both the sides of the thin couerings, descended from Peritoneum, and

 conte-

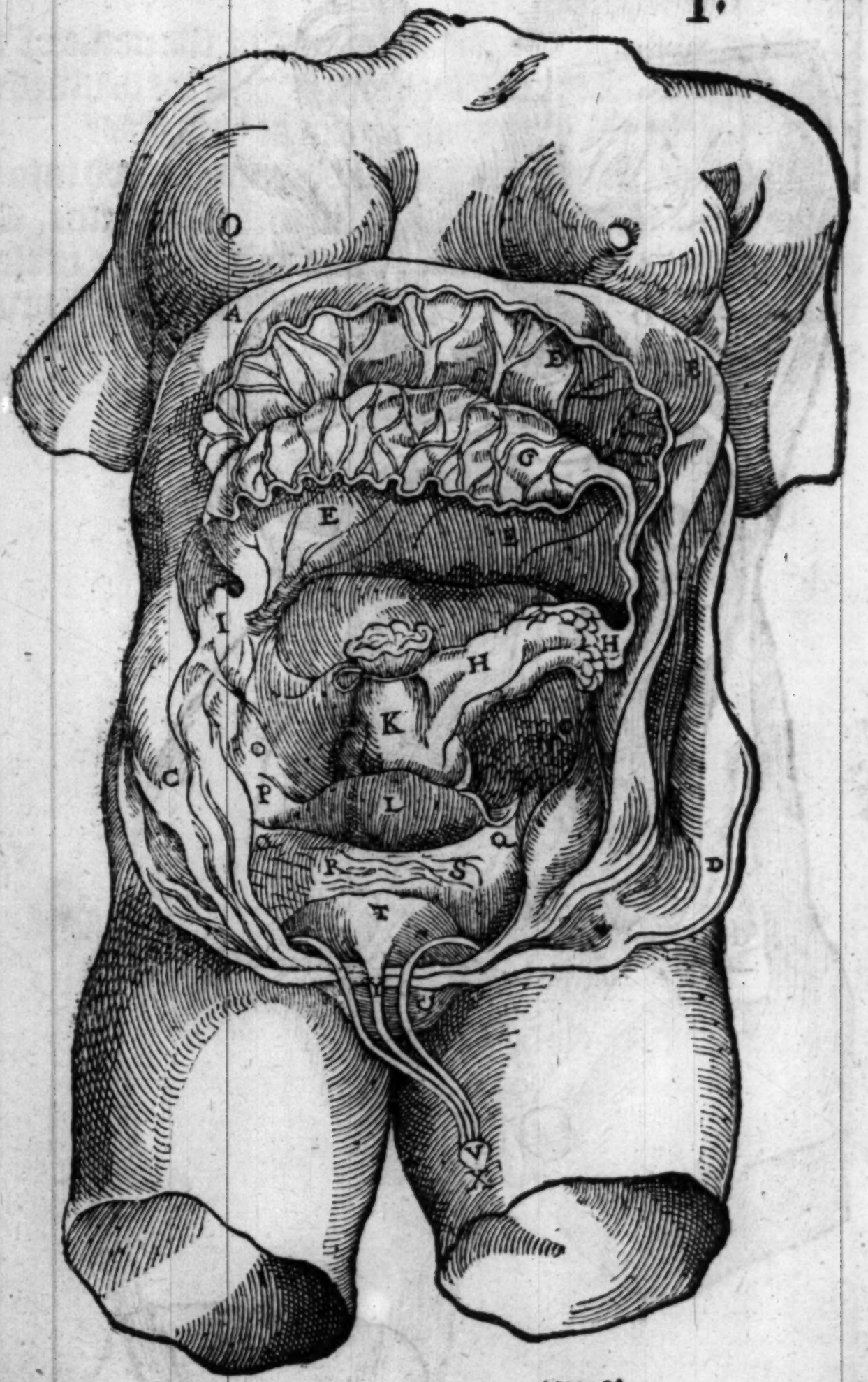
conteyning the Matrix.

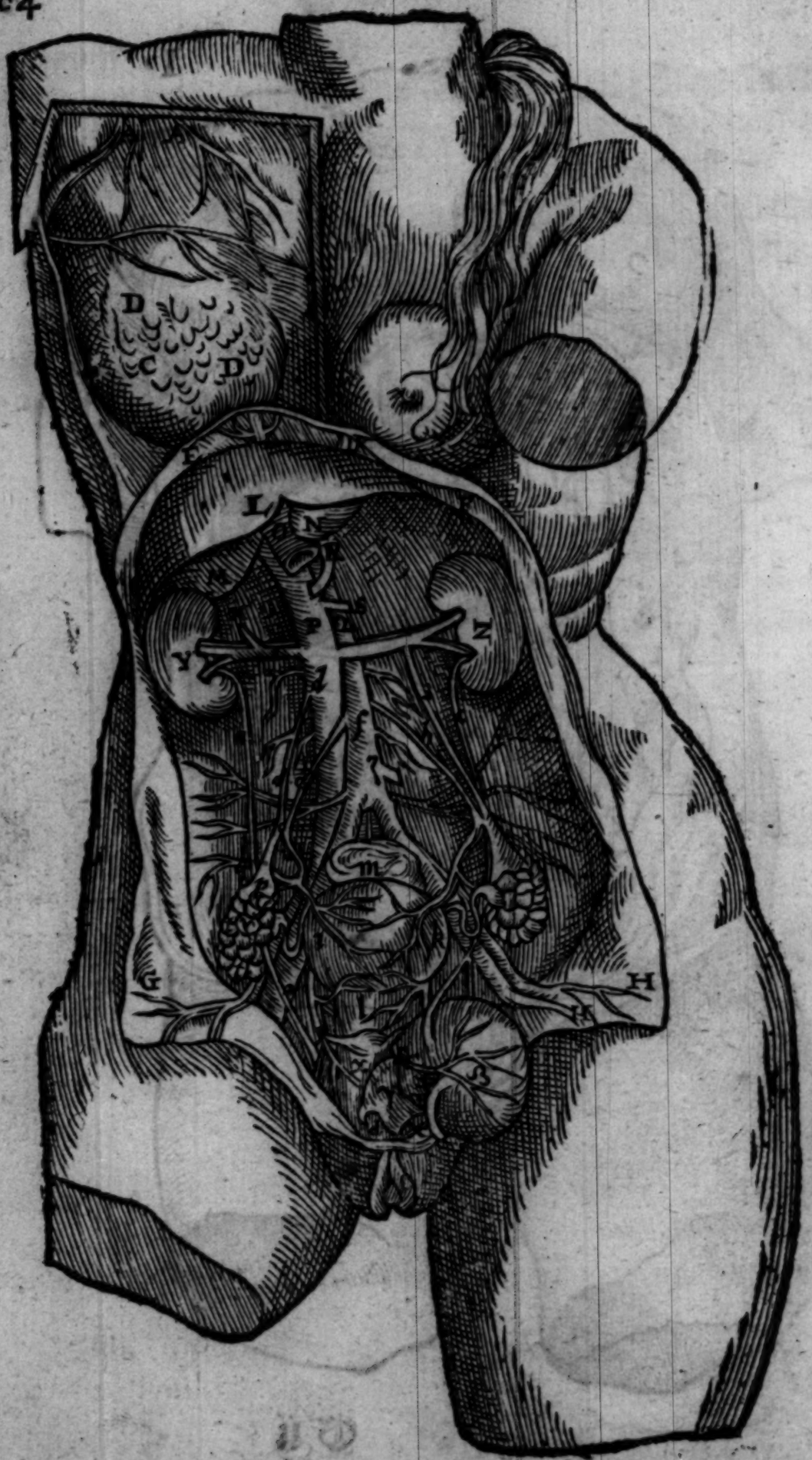
K Here is also seene the substance of the necke of the Matrix, because the cutting, wherewith we deuided the bottom of the Matrix, was begun at this place.

L. A part of the necke of the bladder, implanted into the necke of the Matrix, casting forth into it the vrine. The swelling parts of Abdomen, and whatsoeuer is els to be considered thereof, they may be sufficiently knowne without direction of Karacters.

The end of the first booke.

I.




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III



IIII





AIII.



AII.



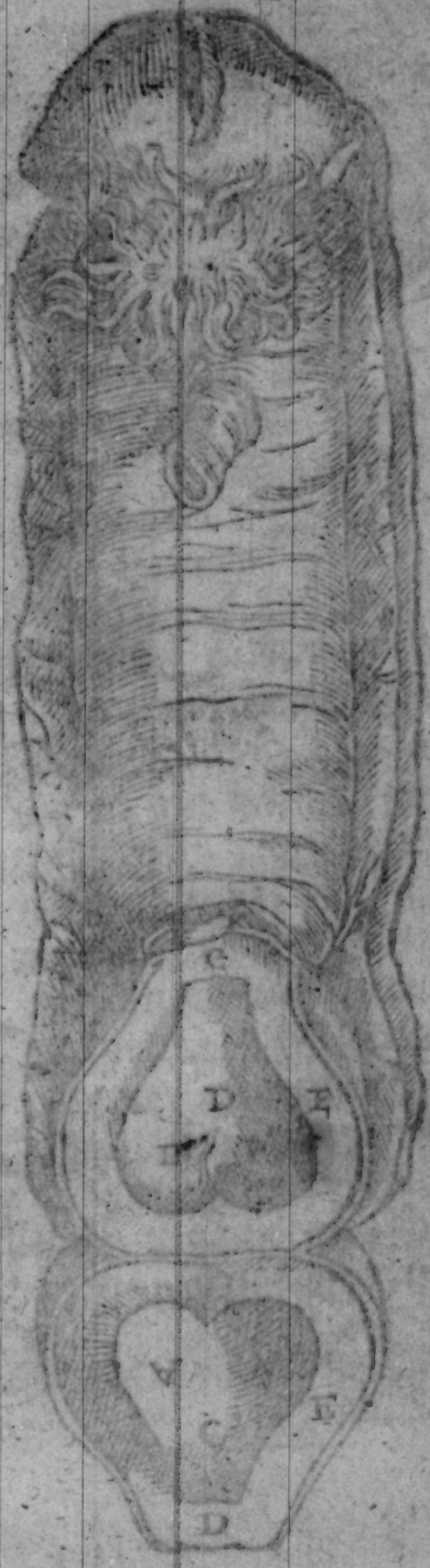
AI.



AIIII.



IX.


C
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D

The second Booke of the birth of Man.

Of the time of byrth. And which is called naturall, or vnnaturall. Chap. I.

IN the first booke we haue sufficiently set forth and described the manner, situation, and forme of the Matrix wherein man is conceiued, with diuers other matters appending and concerning the better vnderstanding of the same. And now here in this second booke, we will declare the maner of the quiting & deliuerance of the Infant out of the mothers wombe, with other things thereto appertaining. And first here in this Chapter we will declare the tokens and signes, wherby yee may perceiue whether the time of labour be neere, or not: For when the houre of labour approcheth neere, these signes following euermore proceede and come before.

First certaine dolors and paines begin to growe about the guttes, the nauill, and in the raynes of the back, and likewise about the thighes, and the other places being neere to the priuie parts, which likewise then beginneth to swell and to burne, and to expell humors, so that it giueth a plaine and euident token that the labour is neere.

But yee shall note, that there is two manner of birthes, the one called naturall, the other not naturall. Naturall birth is, when the childe is borne both in due season, and also in due fashion.

The due season is most commonly after the ninth month, or about fortie weekes after the conception. although

though some be deliuered somtimes in the seuenth moneth, and the childe proueth very well. But such as are borne in the eyght moneth, either they be dead before the birth, or els liue not long after.

The due fashion of byrth is this: first the head commeth forward, then followeth the necke and shoulders, the armes with the hands lying close to the body toward the feete, the face and forepart of the child being towards the face and forepart of the mother, as it appeareth in the first of the byrth Figures. For as hath beene said already in the first Booke, before the time of deliuerance, the childe lyeth in the mothers wombe the head vpward, and the feete downeward, but when it should be deliuered it is turned cleane contrarie, the head downeward, the feete vpward, and the face towards the mothers belly, and that if the birth be naturall. Another thing also is this, that if the birth be naturall, the deliuerance is easie, without long tarying or looking for it.

The birth not naturall is, when the mother is deliuered before her time, or out of due season, or after any other fashion then is here spoken of before: as when both the legges proceede first, or one alone, with both the hands vp, or both downe, either els the one vp and the other downe, and diuers otherwise, as shalbe hereafter more clearly declared.

Of

Of eaſie and vneaſie, difficult, or dolorous deliuerance, and the cauſes of it: with the ſignes how to know and foreſee the ſame.

Chap. II.

VEry many be the perils, dangers, and thronges, which chaunce to women in their labour, which alſo enſue and come in diuers wayes, and for diuers cauſes, ſuch as I ſhall here declare.

Firſt when the woman that labou=reth is conceiued ouer young, as before xii. or xv. yeeres of age (which chaunceth ſometime, though not very of=ten) and that the paſſage be ouer anguſt, ſtreate, or nar=rowe, other naturally, or elſe for ſome diſeaſe and infir=mitie, which may happen about that part, as apoſtu=mes, puſhes, pyles, or bliſters, and ſuch other. Through the which cauſes, nature cannot (but with great dolor and paine) open and dilate it ſelfe, to the expelling and deliuerance of the childe. And ſometime the beſike or bladder, or other intrailes beeing about the Matrix or Wombe, be alſo apoſtumate and bliſtered, which being greeued, the Matrix or Wombe likewiſe for vicinitie and neighbourhead is greeued with them, and that hindereth greatly the deliuerance. Alſo ſometime in the fundement are hemorrhodes, or pyles, and other pu=ſhes, chappings or chines, which cauſe great paine. Alſo hardneſſe and difficulty or binding of the bellie, which things for the greefe and paine that enſueth of them, cauſeth the woman to haue little power to helpe herſelfe in her labour.

Further=

Furthermoze, if the partie be weake and of feeble complexion, oz of nature very colde, oz too young, oz very aged, oz exceeding groſſe and fat, oz contrarywiſe too ſpare and leane, oz that ſhe neuer had childe befoze, oz that ſhe be ouer timozous and fearefull, diuers, waywarde, oz ſuch a one that will not be ruled, remoouing her ſelfe from one place to another, all ſuch things cauſeth the labour to be much moze painefull, cruell, and dolozous, then it would otherwiſe be. Alſo yee muſt vnderſtand, that generally the birth of man childe is eaſier then the birth of the woman childe.

Item, if the childe be of a fuller and greater groweth, then that it may eaſily paſſe that narrow paſſage, oz contrarywiſe, if it bee ſo faint, weake and tender, that it cannot turne it ſelfe, oz dooth it very ſlowly, oz if the woman haue two Childzen at once, other els that it, with the which ſhe laboureth be a monſter, as foz example, if it hath but one bodye and two heads, as appeareth in the xviii. of the birth figures, ſuch as of late was ſeene in the dominion of Werdenbergh.

Againe, when it pzoceedeth not in due time, oz after due faſhion, as when it commeth fozth with both feete oz both knees together, oz els with one foote onely, oz with both feete downewardes, and both handes vpwards, other els (the which is moſt perillous) ſidelong, arſelong, oz backlong, other els (hauing two at a birth) both pzoceede with their feet firſt, oz one with his feet, and the other with his head, by thoſe and diuers other wayes the woman ſuſtaineth great dolor, paine, and anguiſh.

Item, if the woman ſuffer abozcement, that is to

ſay, bring forth her childe in the iiii. or v. moneth after the conception, which is before the due time, in this caſe it ſhalbe great paine to her, for ſo much as in that time, the porte of the wombe is ſo firmely and ſtrongly encloſed, that vnneath the point of a needle may enter in at it.

Alſo if the child be dead in the mothers belly, it is a very perillous thing, forſomuch as it cannot bee eaſily turned, neither can it weld or helpe it ſelfe to come forth: or if the child be ſicke or weakened, ſo that it cannot for feebleneſſe helpe it ſelfe. The which thing may be fore-ſeene and knowne by theſe tokens: if the woman with child haue been long ſicke before her labour, if ſhe haue bin ſore laſked, if after her conception ſhe haue had daily and vnwontly her flowres, if ſtraight after one moneth vpon the conception her breſtes yeeld any milke, if the child ſtir not, ne moue at ſuch time as is conuenient for it, theſe be arguments and tokens that it ſhould be very weake. By what tokens ye ſhall know it is dead, I ſhall ſhew you hereafter.

To know whether the childe be weake in the mothers belly.

Alſo there is great perill in labouring, when the ſecundine or latter byrth is ouerfirme or ſtrong, and will not ſoone riue or breake aſunder, ſo that the child may haue his eaſie comming forth. And contrariwiſe when it is ouerweake, ſlender, or thinne, ſo that it breaketh aſunder before that the childe bee turned, or apt to iſſue forth, for then the humors which are collect and gathered together about this ſecundine or ſecond birth, paſſe away ſooner then they ſhould doe, and the byrth ſhall lacke his due humidities and moyſtures which ſhould cauſe it the eaſiler to proceede, and with leſſe payne.

Perill in the ſecundine.

The birth alſo is hindered by ouermuch cold, or ouermuch

uermuch heate: for in ouermuch colde, the paſſage and all other pores of the labouring woman be coarcted and made more narower then they would otherwiſe be. Likewiſe ouermuch heate debiliteth, weakeneth, and fainteth both the woman and the childe, ſo that neither of them in that caſe can well weeld or helpe themſelues for faintneſſe.

And further, if the woman haue vſed to eate commonly ſuch meate or fruites which doe exicate or drye, and conſtraine or binde, as Medlers, Cheſtnuts, and all ſowre fruits, as Crabbes, Chokeperes, Quinees, and ſuch other, with ouermuch vſe of Uergeus, and ſuch like ſowre ſauces, with Ryſe, Well, and many other things: all this ſhall greatly hinder the byrth.

Alſo the vſe of colde bathes after the fifth moneth following the conception, or to bathe in ſuch water where Alome is, Iron, or Salt, or any ſuch things which doe coarct and conſtraine, or if ſhe haue been oftentimes heauie and mourning, or ill at eaſe, or if ſhe haue been kept ouer hungrie and thirſtie, or haue vſed ouermuch watch and walking: either if ſhe vſed a little before her labour, things of great odour, ſmell or ſauour, for ſuch things (in many mens opinions) attract and draw vpward the mother or Matrix, the which is great hinderance to the byrth.

Alſo, if the woman feele paine onely in the backe, and aboue the nauell, and not vnder, it is a ſigne of hard labour: likewiſe if ſhe were wont in times paſſed to be deliuered with great paine, is an euidence and likelyhood of great labour alwayes in the birth.

Tokens of eaſie deliuerance.

Now ſignes and tokens of an expedite and eaſie deliuerance, be ſuch as be contrary to all thoſe that haue beene

been rehearsed before. As for example, when the woman hath been wont in times passed easily to be deliuered, and that in her labour she feele but little throng or dolor, or though she haue great paines, yet they remaine not still in the vpper partes, but descend alwaies downewardes to the neather partes, or bottom of the belly. And to be short, in all painefull and troublesome labours, these signes betoken and signifie good speede and lucke in the labour: vnquietnesse, much stirring of the childe in the mothers belly, all the thronges and paines tumbling in the fore-part of the bottome of the belly, the woman strong and mighty of nature, such as can well and strongly helpe her selfe to the deliuerance of the byrth.

And againe, euill signes be those, when she sweateth colde sweate, and that her pulses beate and labour ouer fore, and that she her selfe in the labouring faint and sowne: these be vnluckie and mortall signes.

How a Woman with childe shall vse her selfe, and what remedies be for them that haue hard labour. Chap. III.

TO succour and helpe them that are in such difficult perill of labour, as we haue spoken of before, yee must obserue, keepe, and marke those things that we shall (by the grace of God) shew you in this Chapter following.

How the labour may be made more easie.

First the woman with childe must keepe two dyets, the one a moneth before her labour, the other in the very

very labouring. And aboue all things she must eschue and forbeare all such occasions which may hinder the byrth, to the vttermost of her power, the which occasions we rehearsed in the Chapter before. But if there bee any such thing which can not bee auoyded, for so much as it commeth by nature, or by long continuance and custome, in this case yet yee shall vse some such remedies, the which may somewhat asswage it, mollifie it, or make it more easie or tollerable, so that it hinder the byrth so much the lesse.

But if it so bee, that any infirmitie, or disease, swelling, or other apostumation chaunce about the mother or the priuie part, or about the bellicke or bladder, as the stone, the strangury, and such like, the which things may cause such straitnes and coarctation, that vnneath without great and horrible paine the partie can be deliuered or discharged: In these cases it behoueth such things to be looked vnto, and cured, before the time of labour commeth, by the aduise of some expert Surgion.

Also if the woman be ouermuch constipate or bound, most commonly she must vse, the moneth before her labour, such things the which may lenifie, mollifie dissolue, and lose the belly, as apples fryed with suger, taken fasting in the morning, and after that a draughe of pure wine alone, or els tempered with the iuyce of sweete and very ripe apples.

Also to eate figges in the morning fasting, and at night, loseth well the belly. If these profit not, Cassia fistula taken iii. or iiii. drammes one halfe howre before dinner, shall lose the belly without perill.

Againe

Againe, in this case she must refraine from all such thinges as doe harden, restraine, and constipate, as meates broyled or roasted, and Rice, hard egges, beefe, chestnuts, and all sowre fruites, and such like.

Also if farther necessity require, shee may receiue a glister, but it must be very gentle and easie, made of a pynte of the broath of a chicken, or other tender flesshe, thereto putting so much course Suger, or hony, as may make it reasonably sweet, and halfe a sponefull of white salt. Or for the poore woman may bee made a glister of a pynte of water, wherein hath been sod mallowes, or Polypoke, with Hony and Salt, as before. She may vse also some other easie and temperate purgation, to mollifie and loose her withall, as Mercury sodden with flesshe in pottage, and diuers such other, or els a suppositer tempered with Sope, Larde, or the yolkes of Egges. Things to loose the belly.

And if it chaunce that (the labour drawing neere) she waxe faint or sickly, then must yee comfort her with good comfortable meate, drinke, holesome and noble electuaryes, and in this time must shee doe all such thinges the which can make her apt and sufficient to her labour, and to vse such things the which may laxe, open, and mollifie the nature of the passage, so that the byrth may the more freely proceede, and that chiefely in the younger women. The elder women, for because that those partes in them be somewhat dryer, and harder, therefore they must vse hoat and moyste things, which haue propertye to lenifie and souple, and that both in meate and drinke, and also in outwarde fomentations, bathings, suppositories, and annoyntments. Wherewith to comfort the woman in her labour.

Ointments to ſouple.

Annointmentes wherewith yee may ſouple the priuie place, be theſe, Hens greece, Duckes greece, Gooſe greece, alſo oyle Oliue, Linceede oyle, the oyle of the Fenegreke, or the viſcoſite of holioke, and ſuch other: and for drinke, let her vſe good rype wine mixed with water. Alſo there muſt be a conſideration in the dieting of the woman, that ſhe maye vſe ſuch thinges the which may moyſten her, and not make her fat. Contrariwiſe, let her auoyde ſuch thinges the which ſhould excicate, drye, conſtraine, or coarct her, and that all the moneth before her labour. But about ten dayes before the time (if ſhe feele any paine or griefe) let her vſe euery day to waſh or bath her with warme water, in the which alſo that ſhe tary not ouer long in bathing, for weakning of her, and therein let her ſtand, ſo that the water come aboue the Nauel a little, and alſo ſeeth in the water, Malowes. Holioke, Camomell, Mercurye, Maydenhaire, Lineſeede, Fenegreke ſeede, and ſuch other thinges which haue vertue to moliſſe and ſupple. And if it be ſo, that for weakeneſſe of the body ſhe may not indure this bathing in warme water, then with a ſpunge or other cloth dipped in the foreſaid bath, let her ſokingly waſh her feete, her thighes, and her priuie partes, the which thinges ſhall greatly profit her. But in ſuch time beware yee come not in the common hotte houſes, for they would cauſe you to be feeble and faint, which were ill in this caſe.

Bathes to loſe and gently to open the body.

And when yee are thus bathed or waſhed, then ſhall it be very conuenient for you to anoint with the foreſaid greces and oyles, your backe, belly, nauell, ſydes, and ſuch places as are neare to the priuie partes: Furthermore it ſhall be greatly profitable for her, to conuey in

Annointments to ſupple.

ward

ward into the priuie parte these foresayd oyles or gre=ces, with a spunge, or other thing made for the purpose, she lying vpright, the middest of her body most hyest, so that it may the better remayne within her, and that chiefely if the Matrix be dry, other els the partie very leane and spare.

It shall be also very profitable for her to suffume the neather places with Muske, Amber, Gallia Muscata, which put on embres, yeelde a goodly sauour, by the which the neather places open themselfe, and drawe downeward.

Also as I sayd before, shee must take good heede to her dyet, that shee take thinges the which may com=fort and strengthen the body, feeding not ouermuch of any thing, and to drinke pleasant and well sauou=ring wine, or other drinke, also moderately to exercise the body in doing some thing, stirring, mouing, going, or standing, more then otherwise she was wonte to do, these things further the byrth, and make it the easier. And this is the manner of dyet, the which wee aduise the woman to keepe the moneth before her labour, or longer. Sweete fumes.

Another dyet there is, the which she ought to ob=serue in the time of labour, when the stormes and thronges beginne to come on, and the humours which yet hytherto haue remained about the Ma=trix or Mother collected, nowe beginne to flowe foorth: and this manner of dyet consisteth in two sortes. First, that such thinges be procured and had in readinesse, which may cause the byrth or labour to bee very easie. Secondlye, to withstande, defende. and to put away (so neare as may bee) the instant What is to be done when the time of labour is come.

and present dolours. And as touching this point, it shall be very profitable for her, for the space of an houre to sit still, then (rysing againe) to goe vp and downe a payre of stayres, crying and reaching so loud as she can, so to stir her selfe.

And also it shall be very good for a time, to retaine and keepe in her breath, for because that through that meanes, the guttes and entrailes be thrust together, and depressed downeward. And it shall be very good to receiue some medicine to prouoke the byrth, of the which we will speake more hereafter.

Now when the woman perceiueth the Matrix or Mother to waxe laxe or loose, and to bee dissolued, and that the humors issue foorth in great plentie, then shall it bee meete for her to sit downe, leaning backeward, in manner vpright: For which purpose in some regions (as in Fraunce and Germanie) the Midwiues haue stooles for the nonce, which being but lowe, and not high from the ground, be made so compasse-wise and caue or hollowe in the middes, that that may be receiued from vnderneath which is looked for, and the backe of the stoole leaning backward, receiueth the backe of the woman. The fashion of the which stoole, is set in the beginning of the birth figures hereafter.

Of the Midwiues Stoole.

And when the time of labour is come, in the same stoole ought to be put many clothes or cloutes in the backe of it, the which the Midwife may remoue from one side to another, according as necessitie shall require. The Midwife her selfe shall sit before the labouring woman, and shal diligently obserue and waite how much, and after what meanes the childe stirreth it selfe: also

shall

shall with her handes, first annoynted with the oyle of Almondes, or the Oyle of white Lillies, rule and direct euery thing as shall seeme best.

Also the Midwife must instruct and comfort the party, not onely refreshing her with good meate and drinke, but also with sweete words, giuing her good hope of a speedefull deliueraunce, encouraging and enstomaking her to patience and tollerance, bidding her to holde in her breath so much as shee may, also striking gently with her hands her belly aboue the Nauell, for that helpeth to depresse the birth downeward. The Midwife must giue comfortable words to the party trauailing.

But if the woman bee any thing grosse, fatte, or fleshye, it shalbe best for her to lye groueling, for by that meanes the Matrix is thrust and depressed downewarde, annoynting also the priuie partes with the oyle of white Lillies. And if necessity require it, let not the Midwife be afrayde, ne ashamed to handle the places, and to relaxe and lose the straightes (for so much as shall lye in her) for that shall helpe well to the more expedite and quicke labour.

But this must the Midwife aboue all thinges take heede of, that she compell not the woman to labour before the byrth come forwarde, and shew it selfe: For before that tyme, all labour is in vayne, labour as much as yee list. And in this case many times it commeth to passe, that the party hath labored so sore before the time, that when shee should labour indeede, her might and strength is spent before in vaine, so that she is not now able to helpe her selfe, and that is a perillous case.

Furthermore, when the Secundine or second byrth (in the which the byrth is wrapped and contayned) dooth once appeare, then may yee know that the labour

is at hand, wherefore if the same secundine breake not of his owne kinde, it shall be the Midwiues part and office, with her nayles easily and gentelly to breake and rent it, or if that may not conueniently be done, then rayse vp betweene your fingers a peece of it, and cut it off with a paire of sheares, or sharpe knife, but so that yee hurt not the birth with the cut. This done, by and by ensueth consequently the flure and flowe of humors, of the which I spake before, and then next followeth immediately the birth.

But if it so chaunce that the Secundine should be cut by the Midwife, and all the watery parte issued and spent before due time and necessity should require it, so that the priuie passage be left exicate and dry, the birth not yet appearing, by this meanes the labour should be hindred and letted. In this case yee shall annoynt and molifie that priuie passage with the Oyle of white Lillies, or some of the greeces spoken of before, first warmed, and so conueyed into the priuie partes, the which thinges will cause the waye to bee slippery, supple, and easie for the byrth to passe, But chiefely in these difficulties should profit the white of an egge, togeather with the yolke powred into the same place, which should cause it to bee most slippery and slyding, and supply the roome of the naturall humidities spent before.

The head proceeding first.

And if it be so, that the birth be of a great growth, and the head sticke in the comming forth, then must the Midwife helpe all that shee may, with her hand first annoynted with some oyle, opening and enlarging the way, that the issue may be the freer. Likewise must be done if she beare two children at once. And all this is spoken

ſpoken of the naturall byrth, when that firſt proceedeth the head, and then the reſt of the body ordinately, as yee may ſee in the firſt of the figures following.

ii. But when the byrth commeth not naturally, then muſt the Midwife do all her diligence and payne (if it may be poſſible) to turne the byrth tenderly with her annoynted handes, ſo that it may bee reduced againe to a naturall byrth. As for example: Sometime it chaunceth the child to come the legges and both armes and hands downeward, cloſe to the ſides, firſt foorth, as appeareth in the ſecond of the byrth figures. In this caſe the Midwife muſt doe all her paine with tender handling and annointing to receiue forth the child, the legges being ſtill cloſe togeather, and the handes likewiſe remayning, as appeareth in the ſayde ſecond figure. The ii. figure. The legs and both handes downe, proceeding firſt.

Howbeit, it were farre better (if it may be done by any poſſible wayes or means) that the Midwife ſhould turne theſe legges comming firſt forth, vpwardes againe by the bellyparde, ſo that the head might deſcend downeward by the backe part of the wombe, for then naturally againe and without perill might it proceede and come forth as the firſt.

iii. Againe ſometime the byrth commeth forth with both legs and feet firſt, the hands being lifted vp aboue the head of the childe, and this is the perilouſt manner of byrth that is, as appeareth in the iii. of the byrth figures. And here muſt the Midwife do what ſhe may to turne the byrth (if it may be poſſible) to the firſt figure, and if it will not be, then reduce the hands of it downe to the ſides, and ſo to reduce it into the ſecond figure. But if this alſo will not be, then receiue the feete as they The iii. figure.

come forth, and bind them with some fayre linnen cloth, and so tenderly and very softly lose out the byrth till all be come forth, and this is a very ieopardous labour.

The iiii. figure.

iiii. Also sometime the byrth commeth forth with one foote only, the other being lyft vpward, as appereth in the fourth figure. And in this case it behooueth the labouring woman to lay her byright vpon her backe, holding vp her thighes and belly, so that her head bee the lower part of her body, then let the Midwife with her hand returne in againe the foote that commeth out first, in as tender manner as may be, and warne the woman that laboureth to stir and moue her selfe, so that by the moouing and stirring, the birth may be turned the head downeward, and so to make a naturall birth of it, and then to set the woman in the stoole againe, and to do as yee did in the first figure. But if it be so that notwithstanding the mothers stirring and moouing, the byrth do not turne, then must the Midwife with her hand softly fetch out the other leg which remained behinde, euermore taking heed of this, that by handling of the childe she do not remoone ne set out of their place the two hands hanging downeward toward the feete.

The v. figure.

v. Likewise sometime it commeth to passe, that the side of the child commeth forward, as appeareth in the v. figure, and then must the Midwife do so, that it may be returned to his naturall fashion, and so to come forth.

The vi. figure.

vi. Also sometime the child commeth foorth the feete forward, the legs being abroad, as in the vi. figure, and then must the Midwife see that the feete and legges may be ioyned together, and so come forth, euermore regarding the hands, as I warned you before.

The vii. figure.

vii. If it come with one of the knees or both forward,

ward, as in the vii. figure, then muſt the Widwife put vp the birth, till ſuch time as the legges and feete come right forth, and then do as afore.

viii. When the child commeth headlong, one of the hands comming out and appearing before, as in the viii. figure, then let the birth proceed no farther, but let the Widwife put in her hand, and tenderly by the ſhoulders thruſt in the byrth againe, ſo that the hand may bee reſetteled in his place, and the birth to come forth ordinately and naturally, as in the firſt figure: But if by this meanes the hand come not to his conuenient place, then let the woman lye vpright with her thighes and belly vpwards, and her head downwards, ſo that by that meanes it may be brought to paſſe, and then bring her to her ſeate againe. The viii. figure.

ix. But if it proceed with both hands forward, then muſt ye likewiſe do as before, by the ſhoulders thruſting it back againe, vntill ſuch time as the hands lye cloſe to the ſides, & ſo to come forth, as appereth in the ix. figure. The ix. figure.

x. But when it commeth arſward, as in the x. figure may be ſeene, then muſt the Widwife with her hands returne it againe, vntill that time that the birth be turned, the legges and feete forward: either els, if it may be ſo, it were beſt that the head might come forwarde, and ſo naturally to proceed. The x. figure.

xi. But when the birth commeth forth with both the hands and both the feete at once, as in the xi. figure, then muſt the Widwife tenderly take the childe by the head, and returne the legs vpward & ſo receiue it forth. The xi. figure.

xii. And if ſo be that it appeare and come forth firſt with the ſhoulders, as in the xii. figure, then muſt ye fair and ſoftly thruſt it backe againe by the ſhoulders, till The xii. figure.

ſuch

such time as the head come forward.

The xiii. figure. xiii. And when it commeth brestward as in the xiii. figure, the legges and hands biding behinde, then let the Midwife take it by the feete, or by the head, which that shalbe most apt and commodious to come forward, returning the rest vpward, and so to receiue it foorth: but if it may be hedling, that shalbe best.

The xiiii. figure. xiiii. Nowe sometime it chaunceth the woman to haue two at a burthen, and that both proceede together headlong, as in the xiiii. figure, and then must the Midwife receiue the one after the other, but so, that she let not slip the one, whilest she taketh the first.

The xv. figure. xv. If both come foorth at once with their feete forward, then must the Midwife be very diligent to receiue first the one, and then the other, as hath beene shewed before.

The xvi. figure. xvi. When the one commeth headlong, the other footewise, then must the Midwife helpe the birth that is most neerest the issue, and it that commeth footelong (if she can) to returne it vpon the head, as is spoken of before, taking euer heed that the one be not noysome to the other in receiuing forth of either of them.

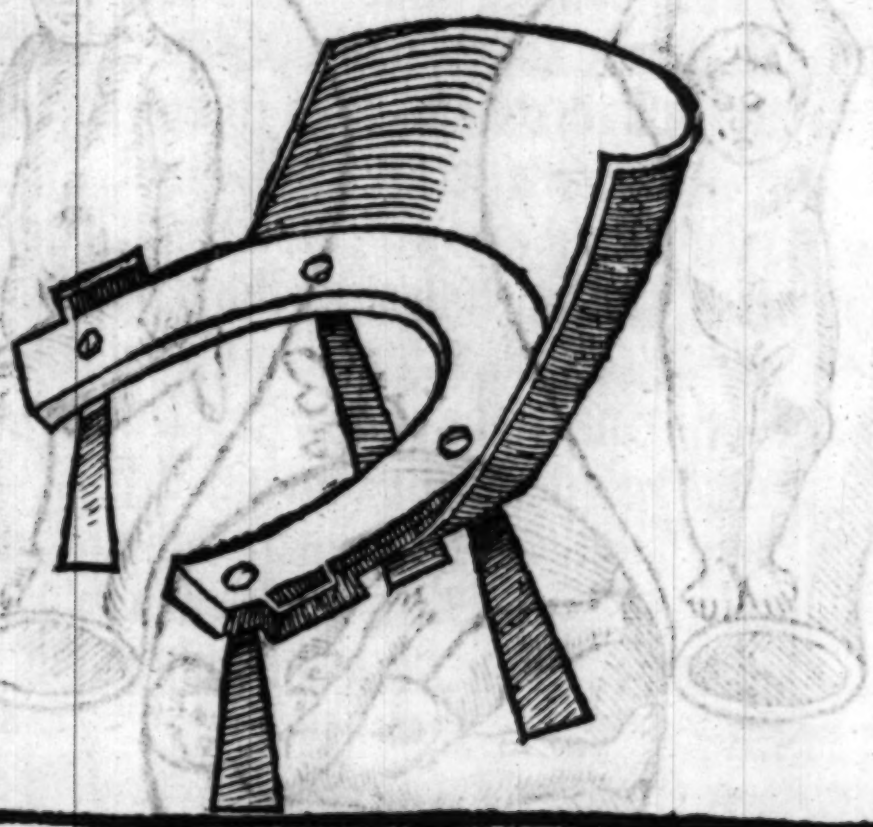
And to be shorte, let the Midwife often-times annoint and mollifie the way and passage with some of the foresayd oyntments, to make the womans labour so much the easier, and haue the lesse trauaile and paine. And if there chance to be any Apostume or disease about those places in this time, by such annoynting to alay and swage the paine, so that for that time it may be the lesse grieke to the partie, as I spake before also. And for them that be in this case, it shalbe best to lye groueling, as I said of the grosse, fat, and fleshie women.

THE

THE BIRTH FYGVRES

THE WOMANS STOOLE

THE



II



I



THE BYRTHE

III



IIII



V



I

VI



II

VII



FYGVRES

IX



VIII



X



XI



XII



THE BYRTHE FYGVRES

XIII



XIIII



XV



XVI



XVII



Remedies and medicines by the which the labour may be made more tollerable, easie, and without great paine. Chap. V.

THe things which helpe the birth and make it more easie, are these. First the woman that laboureth must eyther sit groueling, or els vpright, leaning backward, according as it shall seeme commodious and necessary to the partie, or as she is accustomed. And in Winter or colde weather, the chamber wherein she laboureth must be warmed: and in Summer or hotte weather let in the ayre to refresh her withall, least betweene extreame heate and labour the woman faint and sowne. And furthermore, she must be prouoked to sneesing, and that eyther with the powder of Elebonus, or els of Pepper. Also the sides of the woman must bee stroken downewarde with the handes, which helpeth greatly and furthereth. And let the Widwife alway be very diligent, prouiding and seeing what shall be necessary for the woman, annoynting the priuities with oyle, or other such greece as I spake of before, in this fashion.

Means to helpe and prouoke the birth.

Take the oyle of white Lillyes, or Duckes greece, and with that temper two graines waight of Saffron, and one graine of Muske, and therewith annoynt the secret partes, If this profit nothing, then vse this suffumigation.

A good molifying ointment.

Take

Take Myrrhe, Galbanum, Castorium, let these be beaten, and make like pilles of them, tempered together with Bulles Gall: then take a dram of these Pilles, and put it on hotte coales, and let the woman receiue the fume and sauour of it vnderneath.

Another perfume: Take yellowe Brimstone, Myrrhe, Madder, Galbanum, Oppoponacum, of each like much, and temper all those togeather, making of them Pilles, and with those also yee may make fume, to bee receiued vnderneath.

Item, the fume of Culluer dung, or Hawkes dung, by putting to it of Oppoponacum, is soueraigne for the same. All these fumes open the pores beneath, and causeth nature to be the freer in deliuerance.

Also, it is very good to dip Wool in the iuyce of Rue, and the same to conuey into the secrets. Also the powder of Aristolochia Rotunda, or the roote called Bothor Martis, Ciclaminus, or Malum Terre, or the seede of Stauisagre, any of these wrapped in Wooll and conuayed inwarde, prouoketh and calleth forth the birth.

Item, take Heleborus, Oppoponacum, and wrap them together in wooll, and minister them inward, for that will bring foorth and prouoke the birth, whether it be aliue or dead. Also the rinde and barke called Cassia Lignea beaten to powder, and tempered with Wine, and drunken, prouoketh well the birth.

Item, Asa fetida, of the bignesse and waight of a Pease, mingled together with Castorium, of the waight of a dram, beaten together and tempered with Wine mixed with water, and so drunke, is very good to prouoke the byrth. Also Canell drunke with Wine is very good.

Item, take a scruple of Roses, with the water of the seed

of

of Fenegreke, Cicercula, Maidenhayre, all beaten togeather and sodden, and the oyle of blew Flouredeluce, a small quantitie tempered therewithall, and then giue it to the woman that laboureth, and it shall prouoke the byrth greatly. And Cassia lignea, and Asa fetida drunke with Wine, be very good for the same.

Also, Holyoke sodden in conduict water and drunken, is soueraigne for the same purpose, and it is very good for her to washe her in the water in the which this Holioke is decoct and sodden.

Item, certaine pilles the which make the labour easie and without paine.

Take Canell, Cinamome, and Sauine, of each a dram, of Cassia lignea a dram and a halfe, of Myrrhe Aristolochia Rotunda, and Costus amarus, of each a dram, of Storax liquida halfe a dram, and of Oppium the waight of xii. graines, beate these altogether, and fourme them into pilles, and giue vnto the woman two drammes of these pilles, with two ounces of good olde Wine.

Item, Saffron and Siler montanum prouoketh the birth of any liuing thing, if it be drunken: howbeit to a woman giue neuer passing a dram at once of Saffron, for greater quantity should greatly hurt.

Item, take fiue drams of Sauine, of Rue or hearbe Grace one dragma and a halfe, of Iuniper beryes two drammes, of Asa fetida, Amoniacum, Madder, of each two drammes: of these make pilles, giuen to the woman in labour, with water in which is sodden Sauine and Peniriall, or else with the broth of Cicercula, and the iuyce of Rue, shall helpe very greatly.

Item, take two drammes of Sauin, of Asa fetida, Amoniacum, and Madder, of each halfe a dramme, these temper togeather

gether in pilles, and giue her with Wine one dramme of the ſame.

Item, take of Ariſtolochia longa, Pepper, and Mirrhe, of each like much, confect them together with Wine, and make pilles of them, and miniſter them with an ounce of water of the decoction of Lupines, theſe pilles be of ſuch efficacie and ſtrength, that it alleuiateth and vnpayneth the birth, it deliuereth the Matrix or Mother from all manner of byrth, bee it aliue or dead.

Item, take of white Bedellium, Myrrhe, and Sauine, of each like much, temper theſe with Caſſia lignea, and Honey, and make pilles of them to the bigneſſe of Peaſon, and of theſe pilles giue at each time fiue to the labouring woman, which be of the ſame might and ſtrength, that the other pylles ſpoken of here next before are.

Item, take of Mirrhe, Caſtorium, and Storax, of each one dram, temper them with Hony, and make pylles of it: theſe for this purpoſe excell and paſſe all other, they be of ſuch vertue and ſtrength in operation.

A plaſter to prouoke the birth.

Take wylde Goward, and ſeeth it in water, in the ſame water temper Mirrhe, the iuyce of Rue, and Barley meale, ſo much as ſhall be ſufficient, ſtampe theſe things togeather, and make it plaſterwiſe, then lay it to the womans belly betweene the Nauell and the nether part: This plaſter ſhall helpe marueloully.

And although many other things there bee which haue vertue and power to prouoke the birth, and to helpe it, yet leauing all ſuch things for breuity and ſhortneſſe,

neſſe, we haue ſet here onely a certaine, whoſe efficacie and power is ſufficient to this preſent purpoſe.

How the ſecundine or ſecond birth ſhall be forced to iſſue forth, if it come not freely of his owne kinde. Chap. V.



Ere alſo ſometime it commeth to paſſe, that the Secundine, which is wonte to come together with the byrth, remaine and tarry behinde, and follow not, and that for diuerſe cauſes. One is, becauſe peradueuture the woman hath been ſo ſore weakened and feebliſhed with trauaile, dolour, and paine of that firſt birth, that ſhe hath no ſtrength remaining to helpe her ſelfe to the expelling of the ſecond byrth. Another may be, that it be entangled, tyed, or let within the Matrix (which chaunceth many times) or that it be deſtitute of humors, ſo that the water be flowne from it ſooner then time is, which ſhould make the places more ſlippery and more eaſie to paſſe thorow: Or els, that the places ouerwearied with long and ſore labour, for paine, contract or gather together, and encloſe them ſelfe againe, ſo that the places be ſwolne for anguiſh and paine, and ſo let the comming forth of the ſecond birth.

But to bee ſhorte, of whatſoeuer it be thus ſtopped, the Midwife in any wiſe muſt finde ſuch meanes, that it may be vnlooſed and expulſed: For otherwiſe great inconuenience ſhould chaunce to the partie, and ſpecially ſuffocation and choking of the Matrix, which alſo muſt ſo much the more be taken heede to, for becauſe

the second byrth retayned and kept within, will soone putrifie and rotte, whereof will ensue ill, noysome, and pestiferous vapours, ascending to the hart, the braynes, and the midriffe, through the which meanes the woman shalbe short winded, faynt harted, often sounding, and lying without any manner of moouing or stirring in the pulces, yea, and many times is plainly suffocated, strangled, and dead of it. Wherefore that none of these things happen, with all diligence and payne it must be prouided that the Secundine be expelled.

Retention of flowers for weakneſſe.

If retention of it come by weakenesse of the labourer, through long trauaile, then must she be recomforted and strengthned with good comfortable meates and drinkes, which may enhart her, as broth made of the yolke of Egges, or with good olde Wine, and good fat and tidie flesh, or Birds, Hennes flesh, Capons, Partridge, Pidgins, and such like.

And if retention of this secundine come because the place is contract together againe, either els that the Matrix is swollen for long paine: then must be vsed such things to prouoke it out, the which doe make the way slipper, supple, and easie for it to proceede, with the oyles of oyntments spoken of before, as oyle of white Lillies, of Maiorum, and of blew Lillies.

Item, the Beries of Iuniper, or Galbanum, beaten to powder, and druncke with luke warmed Wine, will cause the same to issue out.

Item, Sothernwood, or els peneriall sodden in Wine, and the decoction drunken, is of the same vertue.

Item, to suffume the secretes with the perfumes written of before, is good for this purpose, and the va-

pour

pour of the water in which Mallowes, Holyoke, & Berefoote be ſodden, receiued beneath, is like good.

Alſo, to waſhe that parte in water in which is ſodden Branne, or to holde a little bagge full of ſodden Branne to the place, and therewithall to ſoake the place, is very profitable.

But if the retention of the Secundine come, by reaſon that it is entangled or faſtened in ſome place of the Matrix, ſo that it will not reſolue ne looſe: Then make a fume vnderneath of Brimſtone, Iuye leaues, and Creſſes, or elſe of Creſſes and Figges. Alſo of all odoriferous and ſweete ſmelling things, as Amber, Muske, Frankencenſe, Gallia Muſcata, and confection: **Neare the which ſauours and perfumes put on the embres, muſt bee ſo cloſely receiued vnderneath, that no part of the ſmell do aſcend to the noſe of the woman: For to the noſe ſhould the ſauour of nothing come, but onely of ſuch things the which ſtinke, or haue abhominable ſmell,** As Aſa fetita, Caſtorum. Mans hayre or womans hayre burnt, Pecokes Feathers burnt. **Item, in this caſe, it ſhall be very good to make a perfume vnderneath** Of the hooue of an Aſſe, **which things although they bee of yll ſauour, yet they bee of ſuch nature and efficacie, that they occaſionate not onely the Secundine, but alſo dead byrthes to proceede and come foorth out of the Matrix. And in this caſe alſo let the woman holde her breath inward, ſo much as ſhe can, for that ſhall driue downeward ſuch things as be in the body to be expelled.**

Item, let her be prouoked to ſneeſe with the powder of Eleborus **or** Pepper **put in the noſe, holding her mouth and noſe ſo cloſe as may be.**

Also the oyntment which is called Vnguentum Basilicon, conueyed into the Matrix, is very good, for it mollifieth the place, and draweth out the Secundine perforce, the which so done, as it is expelled, infuse the oyle of Roses into the same Matrix. Item, Rosewater tempered with a quantitie of the pouder of Holyoke, and drunke, is good to expell the Secundine.

And if it be so that any part of the Secundine do appeare, let the Widwife receiue it tenderly, loosing it out softly, least it breake, and if yee doubt that it will breake, then let the Widwife tye that part of the which she hath hanefast, to the womans legge or foote, not verie streight, lest it breake, neither very lare, least it slip in againe, and then cause her to sneese. Now if the Secundine tarrie or sticke, so that it come not quickly forwarde, then loose it a little and a little very tenderly, wreathing it from one side to another, till such time as it be gotten out, but euer beware of violent and hasty mouing of it, least with the second byrth yee remoue the Matrix also.

And if in this meane whyle the woman faint or sowne, by reason of great paine ensuing of the taking away of this Secundine, then must yee minister such things to her the which comfort the head and the hart, as be electuaries which are confect with Muske, Ambre, and the confection of precious Stones, as Diamargariton, and such other. Also such things the which comfort the stomacke, as Diagalanga, Diacinamomum, and such like, which are alwayes in a redinesse at the Apothecaries, the which also she shall receiue with Wine.

Item, to remoue the secundine, and to expell it, Take Rue, Horehound, Sothernwood, and Motherwort, of each

each lyke quantitie, and then take ſo much of the oyle of Lillyes, as may bee ſufficient to ſteepe, moyſten, and ſoake the foreſayd Herbes, put all this together in a Glaſen potte, couered with ſuch a couer that it haue a little hole or vente aboue in the top of it, and ſet this potte ouer a fyre of coales, ſo that it boyle a little while, then take it from the fyer, and ſet it vnder the ſtoole, where the woman ſitteth, made for the nonce, hauing a pipe made for the purpoſe, of the which the one ende yee ſhall put into the vent or hole of the couer of the pot, and the other end muſt the partie receiue into her body, and ſo to ſit cloſed round about with clothes, that no vapour or ayre goe forth of the potte, hauing a fewe coales vnder it, to keepe it hot: and thus ſit the ſpace of an houre or two, till ſuch time as the ſecundine mooue or begin to proceede of his owne kinde.

And if it be ſo that yee profit not this wayes, yet then lay this plaſter on the belly, betweene the Nauill and the ſecrets, of the which we ſhall ſpeake hereafter, the which is of ſuch operation and efficacie, that it expelleth dead birthes. If for all this the Secundine come not forward, then leaue it, and vſe no more medicines, ne remedies to that purpoſe, but let it alone, for within fewe dayes it will putrifie and corrupt, and diſſolue into a watery ſubſtance, thick, like byne or other fex mixed with water, and ſo iſſue forth. Howbeit, in the meane while it will put the woman to great paine in the head, in the hart, and in the ſtomacke, as wee touched before.

How that many things chance to women after their labour, and how to auoyde, defend, or to remedy the ſame. Chap. VI.



IT is alſo to bee vnderſtanded, that many times after the deliuerance, happeneth to women eyther the feuer, or ague, or ſwelling, or inflation of the body, eyther tumbling in the belly, or els commotion or ſetling out of order of the Mother or Matrix. Cauſe of the which things is, ſometimes lacke of due and ſufficient purgation and clenſing of the flowres after the birth, or els contrarywiſe ouermuch flowing of the ſame, which ſore doth weaken the woman: alſo the great labour and ſtirring of the matrix in the birth.

Then as oft as it commeth for lack of due purgation of the flowres, there muſt be miniſtred ſuch things the which may prouoke the ſame, whether it be by medicines taken at the mouth, or by lotion and waſhing of the feete, or by fumes, or odour, or emplaſtration, or by decoction of herbes ſeruing to that purpoſe, or els by oyntments, and ſuch other things, according as the perſon or the perrill doth require: of the which things, few or no women be ignorant. And ye muſt take diligent heede that ſhe be exactly and vtterly purged. To this be agreeable all ſuch ſimples the which prouoke vrine, and open the vaynes, making free way for the blood to paſſe and ſend the humours and matter downwarde, as Motherwort, Aſarum, Sauine, Peneriall, Parſeley, Charuill, Annis ſeede, Fennell ſeede, Iuniper berryes, Rue, Bay berries, Germaunder, Valerian,

Tyme,

Tyme, Cinamome, Spikenard, **and such other. All these things as they doe prouoke and cause vrine, so doe they also prouoke and cause the flowres to depart. Howbeit, as neere as yee can, vse none of these things without the counsell of an expert Phisition, lest whilest ye helpe one place, ye hurt another: also to sneese, helpeth much to this matter, and to hold in the breath, enclosing the nose and the mouth. Also** Fumigation made of the eyes of salte Fishes, or of the hooue of a Horse, put vnderneath, prouoketh the flowres. **If yee profit not by this meanes, then, being able to beare it, let her blood in the vayne called** Saphena, **vnder the ancles of the feete, for this prouoketh flowres cheefely of all other things.**

Likewise doe if the woman haue the ague after her labour, for that commeth of like cause by retention of the flowres, and in the feuer let her vse to drinke water in the which is decoct Barly beaten, or Cicer and Barly togeather, or water in which is sodden Tamarindi, or whay of Milke, and let her eate a cullis made of a Cocke, and sweete Pomegranates, **for these things doe prouoke the flowres, and mittigateth the immoderate heate, refreshing greatly the body, loosing and opening such things the which before were constrict and cludered together.** For the ague in women with child.

If the body after labour do swell and inflate, then let her drinke water, in the which is sodden Cicer, and Cummin, beaten together.

Item good old Wine, with the electuarie called Diaciminum, or of the Trochiskes Alkechengi, **otherwise called** Halicacabus.

Also in this case a glister made of such things the which

do

do vanquiſh and expel ventoſities and windines, as Annis ſeede, Fenell ſeede, Rue the hearbe and the ſeede, Baye berries, Commin, &c. **Alſo a peſſary or ſuppoſiter made for that part of** Ariſtolochia rotunda, Squinantum, Storax Liquida, Dorenicum, Zeduaria.

Againe, if the woman after her labour haue fretting and gnawing of the guts, and paine of the Matrix, and other ſecret parts there about, then let her vſe the vapour and fume of ſuch things the which haue vertue to mittigate, ſwage & alay the paine, as Mallowes, Holioke, Fenegreke, Commin, Comomel, and Sauin. **Of theſe alſo make emplaſters and bagges, the which may be applyed to the pained places.**

Alſo to annoynt the places with Oleum Seſaminum (**if it were to be had**) or with the oyle of ſweete Almonds. **And if no great heate do abound in the woman, ſhee may drinke,** Treakle, or Trifera magna, with Wine in which is decoct Motherwort, or Mugge wort.

Alſo againſt paine in the priuie parts, take Peneriall, Policaria, ſix leaues of Bay tree, ſeeth them together, and receiue the vapour vnderneath cloſely.

Item, take Rue, red Motherwort, Sothernwood, beate them togeather, and temper them with the oyle of Peneriall, and put altogeather in a pot, and ſet it ouer the fire a while, till it be ſomewhat ſodden togeather, and then take it off againe, and put it into a little rounde linnen bagge, made for the purpoſe, the which with theſe hearbes in it, yee ſhall conuey into the ſecrets.

Item, take Camomell and Lyne, of each like much iiii. handfuls, bray them togeather, and ſeeth them with White Wine, and then put it in a round bag of linnen, as before was done, and conuey it into the womans priuie parts.

Item,

Item, let her drinke for the ſame purpoſe, two graynes of Muske with Wine.

Item, take white Onions, and couer them vnder the hott aſhes, the which when they be well roaſted, beate them togeather with freſh butter vnſalted, and make it in manner of a plaſter, and then put it in a limen bagge, and conuey it into the places, as before: in the meane while perfuming the priuy partes with white Frankencenſe and Storax.

If it be ſo that the woman be vered about the backe and loynes after her labour, take Camomell and Mugwort, of each two handfuls, of Wormwood, Sothernwood, of each one handfull, of Motherwort three handfulles, of Cinamome and Nutmegges beaten ſmall halfe an ounce, decoct of all theſe things togeather, and in the water of this decoction, being warme, dippe a ſpunge, or other linnen clothes, fomenting, ſoking, and ſtreeking the backe with the ſame, and ſo doe oftentimes, or els put all theſe foreſaide hearbes togeather ſodden in a bagge, and lay it plaſterwiſe to the backe.

If this profit not, take oyle Nardine, oyle of white Lillies, of each an ounce and an halfe, to the which put a dram of Nutmegges, beaten to ſmall powder, with this annoynt the backe.

Item, take oyle of Annes, oyle of Camomell, of each an ounce, Oyle of white Lyllyes two ounces, of Waxe two drammes, diſſolue all theſe togeather ouer the fire, and therewith annoynt the backe.

But if after the labour the flowres iſſue more vehemently, and in greater abundance then they ſhould, to the great eſteeblishing of the woman, and inducing of much langour and painfulneſſe; then firſt ſhall yee

note

note whereupon it commeth, for the cauſe knowne, the diſeaſe may the more readily be recured: and cauſes of it be diuers, but moſt eſpeciall thoſe that followe, that is to ſay, Of much abundant ſuperfluous blood contayned in the whole body, or of much commixion of the chollerick humor and the blood together, by the which the blood is inflxed and chaufed, and ſo diſtendeth, openeth, and ſetteth abroade the vaines which deſcend to the Matrix.

Alſo the blood being very thinne and wateriſh, for ſo it penitrateth, thrilleth, and iſſueth forth the ſooner. Alſo, if the vaines be very large, and receiue much blood, for in that caſe they ſend foorth the more againe. And if the Matrix be vnmighty and weakened, the vaynes likewiſe are weake and large, ſo that they cannot retaine nor withhold the blood.

And if the body of the woman, or the outward parts be very dence, cloſe, and compact together, ſo that the outward pores be contract and ſhut, in ſuch wiſe, that no vapours or ſweate can iſſue out at them, then this ſhall cauſe the ill humors (which otherwiſe would paſſe through the pores in ſweate) to remaine within the body, and there to engender and encreaſe great flure and abundance of matter, which proceedeth with the flowers, and augmenteth the quantitie of them.

Alſo if the vaines of the Matrix be (by ſome chaunce) open and flowe forth, as if the Matrix be periſhed or otherwiſe bicicate: or if it chaunce that the woman haue had a fall, or hath bin thruſt, or beaten, by all and any of this meanes may come this inordinate flure of flowres.

Good counſell to the woman

Now ſeeing then that it enſueth by ſo manifolde occaſions and cauſes, it ſhalbe meete that women in this

caſe

case bee nothing ashamed ne abashed to disclose their minde vnto expert Phisitions, shewing them euery thing in it, as they know whereupon it should come, so that the Phisition vnderstanding the womans minde, may the sooner by his learning and experience consider the true cause of it, and the very remedy to amend it. And many things there be which ceasse and restraine this ouermuch flowing of flowers, both Electuaries, Confections, Trochiskes, Pouders, Clisters, Odours, Suffumigations, Bathes, Plasters, and ointments, of which for the loue of women I will heere set foorth the most principall and best.

First then to stinte and restraine the outragious fluxe of flowers, it shalbe very good to binde the armes very straight and strongly, and not the feete or hands, as some vnwise men doe teach, and then to set a ventose boxe or cupping glasse with fire (which is called boxing) vnder the brests, without any scarification, laying also linnen clothes dipped in Viniger on the belly betweene the Nauell and the secrets, conueying also into the places such things which haue vertue to restraine blood, as the flower and rinde of Pomegranate, Amber, Terra Sigillata, Bole Armeniack, Sanguis Draconis, Hematites, the Red Rose, white Frankencense, & Galles, all these things, or as many of them as yee can conueniently get, beate them to powder in like portion, and temper them with Red Wine, making of it a plaster, the which so tempered, put into a little round bagge, the quantitie of a mans thumbe, the which she shall put into the priuie parts.

Item, another plaster, to be ministred likewise.

Take of the blood Stone, called Hematites, Bole Armeniack, of each halfe an ounce, Sanguis Draconis, Licium, of each

each two drams, Karabe, otherwiſe named Amber, the cups of Acornes, Cipres tree-nuttes, flowres of Pomegranate, of each one dram, of the ſcales of Iron one dram and a halfe, Turpentine and Pitch like quantitie, or ſo much as ſhall be ſufficient to make a ſoft and ſomewhat liqued plaſter; beate and bray all theſe together, tempering it to a plaſter, and then do with it, as yee did with the other before.

An oyntment for the ſame purpoſe.

Take oyle Martine, the oyle of Roſes, of each iiii. ounces, Karabe, the ſcraping of Iuory, the ſcraping of a Goates horne, red Corall; Terra Sigillata, white Frankencenſe, of each (being well and finely beaten) two drammes, of white Waxe two ounces: all thoſe tempered together, make thē in an oint-ment, and therewith annoint the wombe and the ſecrets.

A bath concerning the ſame.

Take Wormewood, Plantaine the more and the leſſe, the toppes of Vines, freſh branches of wilde Mulberies, or of the bramble, vnripe Damaſſons, Sloes, or Bullaſſe, wilde Peares, Medlers, or Miſpilles, of each two handfulles, and red Roſe leaues two handfulles, of Daſies, of all ſortes of Thiſtles, of each two handfulles, of Cinckefoyle the leaues and rootes, Tormentill the roots, Columbine, of each one handefull: Alſo of Acorne cuppes, a ſawcer full, of Gaules, of Acornes pilled, of Burſa paſtoris, of each two handfuls, beate all theſe to powder, cutting and bruſing that that will not be beaten to powder, and ſeeth them together in rayne water, or els in water in the which tenne or twelue burnt Flint ſtones haue beene quenched. This done, let the woman bathe her ſelfe in this water vp to the Nauil, & when ſhee commeth foorth of the bath, geue her to drinke two

drammes

drammes of Electuarium Athanaſie, or Miclite, with Plantane water, or if ſhe be ſore thirſty, with red Wine.

And likewiſe yee may giue to her of theſe Electuaries that follow. Take good olde roſe Sugar two ounces, of red Corall, burnt Iuory, Bole Armeniacke; of each two drams, of Hemates three drames, beate all theſe things togeather, tempering it with the roſe Suger, and let her receiue of it in the morning and euening, at each time one dramme, with ſixe ſpoonefull of Plantane water, or elſe the water of Burſa paſtoris.

Item, take of the ſtone Hematites, and rub it on a Barbers Whetſtone, called a Hone, till the Hone ſeeme red, then waſh it againe from the Hone with Plantane water, and ſo doe oftentimes, vntill you haue a good quantitye of it, and euery morning let the woman drinke iii. iiii. or v. ſpoonefulls of the ſame water.

Furthermoze, there be at the Apothecaries Trochiſkes which helpe greatly in this caſe, as the Trochiskes of Carabe, or Amber, and the Trochiskes of Bole Armeniacke, which muſt be miniſtred a dram, or moe of eyther of them, with iiii. or v. ſpoonefull of Plantane water.

Who that requireth further in this matter, let them aſke counſell of the Phiſitions.

Now if it bee ſo that there be engendzed any Apoſtume, oz other diſeaſe in the priuie places, after her labour, then muſt the Apoſtumes and diſeaſes be clenſed, purged, and healed, the paine and ache of it mitigated and ſwaged with the iuyce of the berries oz leaues of Nightſhade, **and the iuyce of** Plantane, **alſo the** oyle **of** Roſes, **ſo that all thoſe things be tempered together, and the places annoynted therewith.**

Item

Item, otherwise. Take the white of an egge, womans milke, the iuyce of Purslayne, and temper all these togeather, and conuey it to the diseased place.

These medicines doe refrigrate and coole the vehement heate wont to be in Apostumes. As for the rest, how to open, dry, and clense such Apostumations, yee must consult with some Phisition, or expert Surgion.

Many times also it chaunceth that the fundament gutt commeth forth both in man and woman, and especially in woman in this businesse, by reason of their great labour and striuing with themselues: Wherefore in this case it is the Midwiues part, with her hande warmed and wet in white wine, to reduce it backe into his place againe, the which if shee cannot by this meanes, for because peraduenture it be swollen, then let her dissolue Butter into white Wine warmed, and therein dip Wooll, with the which wrap the same gutt a while, so doing often times, till it be swaged, that it may be returned in againe. And yee may vse (insteede of white Wine) luke warme milke.

And when it is thus returned & reduced into his place: Take Waxe, and melt it togeather with Masticke, or white Frankencense, then spreade it vpon linnen, plasterwise, and lay it ouer the place where it came foorth, binding it to with a linnen cloth or roller, for parting of **And let this be done thus so often as she goeth to the stoole, after that she hath done, vntill such time that it be so setled within, that it come no more out.**

And if you will not occupy wax, then dippe Wooll in the oyle of Masticke, or of spyke Nardy, and lay it vnto the place ouer the fundament, bynding it fast vpon the

place

place,as before.

Item another way, waſh and ſoke the gut with water, in which is decoct and ſodden ſuch things which exicate, dry, and conſtraine or combind:as Galles,Cipres nuts,flowers of Pomegranade,Ambre, Maſtike,Frankencenſe,Sanguis Draconis, **and when it is well waſhed and ſoked with this water**, then take the powder of an hartes horne burnt, and ſtrue it round about the gut, and ſo reſtore it againe into his place.

Againe,ſometime it commeth to paſſe, that after the womans labour, the Matrix is remooued out of his place,and appeareth foorth: then let it it be waſhed and ſoked with the water in which be ſodden theſe things following.

Take of Cipres nuttes, Spike nard, Balauſtium, Acorne cuppes, of each an ounce, of Meſpilles and vnripe wylde Peares, and vnripe apples, Plummes, and Damſons, or Bullaſſe, of eack an handfull. And ſuch of thoſe as be to be powdred, beate them to powder, and the reſt deuide and cut them ſmall: then ſeeth them altogether in raine water, or els in water in the which ſteele being red hot hath beene oftentimes quenched: and in the ſame water, let the party bathe her vp to the Nauell,or els,dip a ſpunge or a locke of Wooll in it, and therewith waſhe and ſoke the ſame Matrix oftentimes. Then euer with a faire cleane lynnen cloath wipe it cleane againe, and ſtrew vpon it the powder following, beaten very ſmall,and ſearſed through ſilke.

Take of Frankencenſe, Carabe, GallesB alauſtiu m, Cipres nuttes, Alome, Antimonie, Bole Armeniack, Maſticke of each lyke much. beate all theſe to very fine powder, and ſtrewe the Matrix with it: then tenderly reduce it into his

Place againe, with warme linnen clothes binding it vp.

But if so be that the Matrix be swollen, so that by this meanes it will not be restored to his naturall place againe: then dissolue butter in white Wine, as yee did before, and with the same soke it, vnto such time as it be swaged, and then reduce it.

Remedies for the womans Nauell when it openeth it selfe, for paine in the labour.

Againe, sometime it chaunceth that the womans Nauel through labour is dissolued, so that it openeth it self: then make a small tent of fine linnen, and annoynt it with this oyntment that followeth, and the same put into the Nauell.

Take white Frankencense, and beate it to powder, and then temper it with the white of an egge, so that it be after the manner of liquid hony, with this annoynt the Nauell within and without, annoynting also the tent, the which beeing put in the hole of the nauil, binde some cloth ouer it, to keep it in his place.

Item, many times it chaunceth that through the great difficulty and throngs of labour, the priuie part and the fundement become one, by reason of rupture and breaking of the same part in deliuerance of the childe, and that by this meanes the Matrix descendeth and issueth downe, the which thing chaunceth sometymes, by reason that the same place is very narrowe and also tender, and the birth big and of great grouth, so that it proceedeth with such violence, that it breaketh the way before it.

When this mishap falleth, first wash and soke the Matrix, and also reduce it to his place againe, **after the manner as I tolde you immediately before:** then heale this

brack

brack and wound by ſowing both ſides of it togeather againe with a ſilken thread, as Chyrurgians do other wounds: **and if that like ye not, then may yee cure it otherwiſe without ſowing, thus.**

Take two little peeces of linnen cloath, each of the length of the wound, and in breadth two fingers brode, ſpread the little clothes with ſome faſt cleauing plaſter, the which will cauſe the cloutes ta ſticke faſt where they ſhalbe ſet: then faſten them, the one on the one ſide of the rift, the other on the other ſide, ſo that nothing appeare betweene the peeces of linnen in the middeſt of them, but onely the clift and rift of the wound in the breadth of a ſtrawe. Then (this done) ſowe the ſydes of the linnen together cloſe, as before I bide you to ſowe the skinne: and when they be thus ſtitched together, lay a little liquid Pitch or Tarre vpon the ſame. And this done, the lappes and ſydes of the wound vnder the linnen plaſter will growe together againe, and heale, and then may yee remooue your plaſters.

Item, another way.

Take Camfery dryed, and beate it to powder, alſo a little quantitie of Cinomome beaten to powder, ioyne them together, and ſtraw of this powder into the wound, and without fault it ſhall heale.

Of Aborcements, or vntimely byrthes, and the causes of it, and by what remedies it may be defended, holpen, and eased. Chap. VII.

Many causes of vntimely byrthes.

ABorcement or vntimely byrth is, when the woman is deliuered before due season, and before the fruite be ripe (as in the iii. iiii. or v. moneth) before the birth haue life, and sometimes after it hath life it is deliuered before it stir, being by some chaunce dead in the mothers wombe. Of the which things there be many and diuers causes.

First, sometimes the mouth of the Matrix is so large and ample, that it cannot conueniently close it selfe together, neither containe the feature or conception: Or els it may bee so corrupted and infected with viscous, slimie, fleginaticke, and other waterish humors, that the cauitie or hollownes is thereby made so slippery, that the feature conceiued cannot there remaine, but slippeth and slideth forth againe. Also sometimes the Matrix is apostumated and sore, so that for paine it cannot containe the conception.

Item, sometimes the Cotilidons, that is, the vaines by the which the conception and feature is tyed and fastened in the Matrix (thorow the which also the feature receiueth nourishment and foode, as is declared in the first booke) bee stopped with viscous and ill humours, or els swollen by inflation, so that they breake, by the which meanes the feature, destitute of his wont nourishment, perisheth and dyeth, and that most commonly in the second or thyrd moneth after conception.

Where-

Wherefore Hipocrates ſaith: all ſuch women which be impregnate or conceiued, being of a meane ſtate in their body (that is to ſay, neither too fat or groſe, ne too ſpare or leaue) if it chaunce any ſuch to aborce in the ſecond or third moneth (no other euident cauſe appearing) know yee for certaine, that it enſueth for becauſe the Cotilidons be opplete, ſtopped, and ſtuffed with ill humours, and be ſwollen and puffed therewith, that they breake, and ſo conſequently the feature dyeth for fault of foode.

Aborcement by reaſon of ſome greife about the Matrix.

Item, aborcement ſometime commeth by reaſon that ſome of the places about the Matrix bee diſeaſed and greeued, as if Inteſtinum rectum, which is called the fundement gut, be vlcerate, hauing the Pyles or Hemorroides, or the viſicke or bladder be ſwollen or encombred with the ſtone, the ſtrangury, or other euil. In theſe caſes, through the great labour and paine the which the party hath in endeuoring and inforcing her ſelfe other to ſtoole, or to make water, bee engendred great motions downeward, whereby many times the handfaſtneſſe to the Cotilidones is broken.

Aborcement of Tenaſmus.

Alſo aborcement may come of a diſeaſe called Tenaſmus, the which is, when one hath ouergreat deſire and luſt to the ſtoole, and yet can do nothing, neuertheleſſe the parties greatly do enforce and paine them ſelfe to it. And as Hipocrates ſaith, the pregnate woman which hath Tenaſmus, for the moſt part abhorteth, that is to ſay, bringeth forth her childe out of time.

Aborcement through the cough.

Item, the cough, if it be greeuous, cauſeth the ſame. And as the forenamed excellent Philition ſaith: ſuch as are very ſpare and leane, and brought lowe, euermore lightly do aborce: for becauſe that all the meate

and foode the which they receiue, turneth to foode, nourishment, and restauration of their owne bodies, and so is the conception destitute of foode: wherefore consequently it dieth.

Item, this chance also commeth by ouermuch bleeding at the nose, or otherwhere, or issuing of the flowers immoderately. and so saith Hypocrates, if the woman yeeld flowres after her conception, it cannot bee that the feature do long prooue, the which saying must be vnderstand, if they flow vehemently, or that the partie be weake and very spare, or if it be after the third moneth, for it may be well, that in the first and second moneth flowres may issue, and yet no danger. For as yet little food and nourishment satisfieth the conception for the smalnes thereof.

Item, to be let blood may be the cause of abortement, which must bee vnderstoode in such as haue but little store of blood: but such as haue great copie and plentie of blood, may without any perill (if any vrgent cause require it) be let blood, so that it be after the fourth moneth, and before the seuenth. Howbeit, I would that none should be let blood, except some great and waighty cause did require it.

Item, it may come by taking of some strong purgation before the fourth moneth, & after the seuenth moneth.

And if it be so that any necessity doe so require that she must needes receiue a purgation, let it be done betweene the fourth and the seuenth moneth after the conception, for then may it be with least perill. And see that the purgation be very gentle and easie.

And this may come by reason of a continuall fluxe, be it bloody or otherwise, and specially if the woman be

be weake and spare, for by that meanes the conception is greatly weakened and perished. And ouermuch vomiting may be the cause of abortement, for by ouermuch galping and reachin g vpwards, the Cotilidons may be broken, and so the feature perish.

Item. ouermuch famine or hunger, and also sharpe and feruent sickenesse may be the cause thereof, as the pestilence, apostume in the brest, and sodaine palsie, the falling sickenesse, &c. Also ouermuch drunkennesse, and excesse feeding and surfetting, by the which the byrth is suffocate and strangled in the belly, and the foode corrupt for lacke of due digestion.

Item, if the birth be sick by any outward or inward cause, or if the secundine, in the which the feature is conteyned, doe breake before his time, and the humours and water of the same flowe and issue foorth, causing the place to be slipperie, and so the byrth to slide away vntimely: or if the mother haue taken very great cold, or ouer great heate, which weakeneth both mother and childe.

And therefore ought women with childe to eschew much bathing, or going to the hot houses in their teeming, for that may do hurt three wayes.

First, that it kindleth or enflameth the ayre or breath contained in the body, and so stifleth the childe, and sometime the mother to.

Secondly, that it relaxeth, dissolueth, and looseth the Cotilidons, and so maketh the byrth to issue foorth.

Thirdly, the vtter heate of the bath, encreaseth the inward heate of the body: insomuch, that the byrth not being able to sustaine and abyde the heate, naturally proceedeth for refrigeration and cooling: but in the

time, or about the time of labour, shee may vse bathes, as I declared before, for the readier and more expedite deliuerance.

Cause of abortcement by mutation of the weather.

Item, the intemperancie and mutation of the ayre and wether may be cause of abortcement. For (as Hypocrates wryteth) whensoeuer the winter is hotte and moyst, and the spring tide after, colde and dry, such women in that spring tide may soone and of a light cause haue abortcement: Or if they abortce not, yet they shalbe deliuered with great paine, and the birth shall be very weake and sickly, so that it shall dye streight: or if it dye not by and by, it shall prooue but very slenderly. The cause of the which thing is this.

For when that such wintering chaunceth, the hotte and moyst wether heateth and moysteth the womans body, and by that the body is opened, vnlooſed, and resolued, no lesse then though she were euery day bathed, and vpon this when the Spring time commeth, if it be colde and dry, finding the body open and vnlooſed after such sorte, the colde entereth and pearceth the body the sooner and the more vehemently: and the birth feeling the sodaine colde and change of weather, pineth away and dyeth in the mothers belly, or anone after it is deliuered: or if it be aliue, it liueth not, nor prooueth not, and great paine shall it be to keepe life in it.

Item, abortcement may happen by ouermuch stirring of the body in labouring, dauncing, or leaping, or by some fall or thrust against some wall, or beating, or by some sodaine anger, feare, dread, sorrowe, or some sodaine and vnlooked for ioy. Thus haue I rehearsed all the causes of the which most commonly may ensue abortcement or vntimely byrth, the which no doubt

is

is much more greefe and paine to the woman, then the very naturall labour, for such things as chaunce to man or woman contrary to nature, or before nature doth require it, is farre greater greefe, then the same happening and comming in his due season.

Signes whereby yee may foresee abortement.

Tokens to foresee abortement.

When the woman shall labour before her time, these signes are wont to goe before. First her brests which before were whole sound, and full, shall begin to waxe lesse, to fall, and to flagge, and then euer for the most parte abortement followeth. But if it bee so that shee go with two children at once, if one of the brests swage, which before was in good liking, the other remaining sound and safe, then looke of what side the brest is of, and the childe of that side is in perrill. Wherefore Hypocrates writeth, if the right brest flake and flagge the masculine or malebirth is in perril: if the left, the female byrth, because that for the most part when there be two at once, the one is masculine, the other feminine: the man lyeth in the right side, the woman in the left most commonly.

Also another signe of abortement is, when the woman hath great payne and doloures of the Matrix, and that shee beginne to ware redde in the face, and all partes of the body to shake and tremble, as though it were in a feuer, or the palsie in the head. Item when shee feeleth great ache in the inner part of the eyes toward the braines, the rest of the body taken as it were with a wearinesse, without any outwarde apparant cause why: these thinges portend and signifie abortement

ment to be at hand, specially if at the same time the flowres issue also.

Item if the womans body do swell and inflate with a certaine hardnesse or stiffnesse, and that shee feele stitches, (and as it were) ventositie or wind, running from one side of the body to the other, and yet the belly notwithstanding beeing nothing the more ponderous or waightie, and that the same inflation doe persist and continue any while, the woman taking and eating such things the which haue vertue to discusse and vanquish ventositie and windinesse: this thing I say doth betoken perril of aborcement through ventositie and inflation, and that chiefely about the third or fourth moneth after the conception.

Thus haue I sufficiently declared euident and sufficient signes, whereby may bee prouided and foreseene the aborcement before it come. Now will I shew you the remedyes whereby it may bee auerted and let.

Remedies whereby to auoide aborcement.

The chiefe remedie to auoyd aborcement is, to shun all such things which may bee cause of it, the which I haue competently entreated of alredy: but if ye feare aborcement, because that the mouth of the Matrix bee ouer ample and large, then must yee vse such things whose opperation is to contrahe, constraine, and bring togeather, as Bathes, Fumigations, Oyntments, Plasters, Odoures, and such like, of the which I haue spoken before, and such things the which expresse and stint the flowres flowing ouermuch after the byrth.

Againe, if ye feare this perill, because the mouth of the Matrix is moyst and slipperie, other because that the Cotilidons be replete and fulfilled with viscous humours

mours, and with inflations or ventolities: then may yee defend it by vsing of such things whose qualities be to purifie, cleanse, exicate, or dry, and to represse ventolities, whereof also we haue made mention heere before.

Howbeit, in all this matter, let not to make some expert Phisition of your counsaile, if yee may haue such one, because that many such things come, and not all by one way or meane.

And if yee doubt perill because that the Matrix or other places about be infected, exulcerated, or apostumate, or hauing the stone or strangury, and such other things: then aske and vse the aduise of some well learned medicioner, and he shal shew you how al things shalbe recured.

If againe yee feare abortement, because the partie is very weake and low brought, then let her feede on such things the which moysten and nourish well, or fatten the body, as Capons flesh, Kid, Lambe, young Veale, Partridge, and such other.

Againe if the woman be taken with any sharpe and fell disease, then let her be cured of the same as shortly as can be, with such things the which appertaine to the curing of such disease: or if she haue sustained any long famine or hunger, then let her be fed with good meates and drinkes moderately taken: and if she haue surfetted by ouermuch eating and drinking (as now adayes most commonly people do) then let her abstaine for a time, and if it may be conueniently done, let her receiue some easie and gentle medicine, which may alleuiate and lighten her of her surfetting burthen, especially by vomiting, for the which purpose giue her

halfe

halfe a pynte of water luke warme, wherein hath beene ſodden two ſpoonefulles of clarified hony, and then afterward if it come not of it ſelfe, with her finger or with a feather put into her throte, let her prouoke her ſelfe to vomit.

Now if it be ſo that the woman abound in blood, then ſhall it bee very good a little to let her blood, both for her ſelfe, and alſo for the byrth, which, thorow ouermuch aboundance of it, might happen to bee ſuffocated and ſtrangled: of the which thing alſo I haue ſpoken largely before.

Furthermore, if the woman feare abortement, by reaſon of continuall cough, or ouermuch vomit & parbreaking, or the fluxe, or of the diſeaſe called Tenaſmus, or of ouermuch iſſuing of blood, whether it bee by the noſe, or other partes of the body, aſke the aduiſe of a Phiſition for remedy. If for the fragility, tenderneſſe, and bracke of the Secundine, ſhe feare this abortement for becauſe that in this caſe the Secundine ſhall not be able to hold and containe the birth: As for this there is no other medicine to defend it, but onely that the partie take heede that ſhee hurt not herſelfe by ouermuch mouing or ſtirring, as by labouring, daunſing, running, ſtanding, faſt going, or carring of ponderous and waighty things, or lifting of the ſame. And to be ſhort, let her with all warines take heed, and be diligent, that ſhe eſchew and abſtaine from all ſuch things the which might cauſe and induce abortement.

Of

Of dead byrthes, and by what signes or tokens it may be knowne, and by what meanes it may also be expelled. Chap. IX.

IT shall be now conuenient for vs to speake of dead byrthes, how it shall bee knowne that they be dead, and how they may bee expelled from the mother.

Signes to know whether the child be dead in the mothers wombe,

Signes then that the birth is dead in the Mothers Wombe, be these.

i. First, if the mothers brests doe sodenly slake, as I touched before.
ii. If it moue it selfe no more, beeing woont before to stirre.
iii. If when the mother turneth her from the one side to the other, she feele itt alling from the one side to the other like a stone or a dead waight.
iiii. If her belly and nauill begin to waxe colde, which before was wont to be temperately hote.
v. If any stincking and filthy humors flow from the Matrix and chiefly after some fell disease.
vi. If the womans eyes waxe hollow, and that her coulour change from white, to swarte and dunne coulour, and that her eyes and nose waxe astonied, and haue not their right vse, and her lippes waxe wanne.
vii. If beneath the Nauell and about the secret partes shee feele great throng and paine, the colour of her face changing into worse and worse, otherwise then it was wont to do.
viii. If she haue appetite to eate such things which be

against

againſt nature, and not wont to be eaten or dzunken.

ix. If ſhe be in her ſleepe vexed with vaine and terrible dreames.

x If ſhe be pained continually with the ſtrangury, or that ſhe enforce her ſelfe much to the ſtoole, and with all her power, and yet cannot do any thing.

xi. If her breath beginne to ſtinke, the which thing lightly happeneth two or three dayes after the birth be dead.

xii. If the hands put into very warme water, and then layd on the womans belly, and the child ſtirre not, is a ſigne that it is dead.

Of all theſe ſignes now, the more that come together of them at one time and in one perſon, the ſurer may yee be that the byrth is dead, the which being once dead, all diligence muſt be had that it may be expelled out of the womans body.

But here muſt yee ſee againe whether it may be expelled, the Mothers life ſaued, or no: for ſome time it chanceth that the mother dieth withall, and ſometimes the mother doth well and proſpereth.

To know wether the mother ſhall be in perill or no.

Whether the Mother ſhall be in perill withall, or no, by theſe things ſhall yee know. If the woman beeing in the labour ſowne or feare, as though ſhe were in a trance: if her remembrance faile her, and ſhee ware feeble and ſcant able to moue or ſtir her ſelfe: if ſhe (being called with a loude voyce) can anſwere nothing at all, or els very little, and that very ſoftly, as though her voyce began to faile her: if ſhee be inuaded or taken among in the laboring with conuulſion or ſhrinking together: if ſhe refuſe or cannot brooke meat: if her pulſes beat very faſt, the which ſignes when yee ſee in the woman

man laboring, it is an euident token that she shall not liue long after her deliuerance, wherefore commit the cure of her to the hands of almighty God: but if none of these signes doe appeare, then haue good hope, for the woman shall doe well, the byrth beeing once departed: Wherefore giue all diligence to the expulsion of it, that the woman may be deliuered of this dead burthen, the which thing may be done by two wayes, eyther by medicines expulsiue, or els by certaine instruments made for the nonce.

Two meanes to expell the dead birthes.

First without instruments, with this fumigation. Take eyther the hooue or doung of an Asse, and put it on coales, & let the woman receiue the fume vnderneath.

Another. Take the skinne of an Adder, Myrrhe, *Castrium*, Brimstone, *Galbanum*, *Oppoponacum*, Madder that the Diers occupy, Pigeons doung, or Hawkes dounge, beate all these to powder, and temper them with Oxe gall, and make pilles of it, each the quantity of a filberd nutt, and then put one after another on the coales, and receiue the fume thorow a pipe or conduite made for that purpose into the priuities.

Another, Take Encense, *Oppoponacum*, *Galbanum* Brimstone, of each like much, beate them togeather, and temper them with Oxe gall, and make pilles of them, and then of the same make fumigations as before.

A potion for the same purpose. Take *Asa fetida* halfe a dram, of Rue three drammes, of Mirrhe two drammes, and beate them to powder, and giue to the woman at each time a dram of this powder with white Wine, or with water in the which Sauine is sodden.

Another, Take Figges, Fenegreke, Organie and seeth them

them in water, the which giue vnto the woman to drinke. for this drinke will engender lubricity and slipperneſſe in the neather partes, and vſe alſo ſome of thoſe things which haue vertue to prouoke the byrth, whereof we haue entreated before.

Item, certaine peſſaries, or ſuppoſitaries concerning the ſame. Take Gumme, Ammoniack, *Oppoponacum*, *Helleborus niger*, Staphiſaker, *Ariſtolochia longa*, and *Colocinthis* without his kernels, beate all theſe togeather, tempering them with Oxe gall, and ſo with the iuyce of freſhe Rue, then make a peſſary of wollen, and annoynt and wett the peſſary with the ſame, conueying it into the ſecret places.

Item another. Make a peſſary of wollen, of the length and thickneſſe of a finger, and dip it in the iuyce of Rue in the which is diſolued a quantity of Scamony, and doe with that peſſary as before.

Item, take *Ariſtolochia rotunda*, Sauine, Garden Creſſes, of each like much, beate them to powder, & temper them with Oxe gall, with this annoynt a peſſarie made and ordered as before is ſpoken of.

Item, if the woman drinke the milke of another woman, it will ſtirre and expell the birth.

Item, take of the iuyce of Dittain, or of the powder of the roote of the ſame hearbe, two drammes, and giue the ſame to drinke to the woman with Wine, except ſhee bee in great heate, for then ſhall yee giue it her with luke warme water, and this ſhall expell the dead birth without any perill to the Mother,

Item, take Myrrhe foure drammes, of Cinamome, *Galbanum*, *Caſtorium*, of each two drammes, of *Oppoponacum* one dramme, all thoſe beaten and tempered togeather with Oxe gall, make pilles of them, waying each of them a dramme,

a dram, and wiih the ſume of thoſe, perſume the neather partes, by this vapour the dead birth is brought foorth, inflation and ſuffocation of bloud is expelled.

Item, take of water Minte, Southernwood, Mugwort, of each a handfull, of *Aſphaltum* halfe an ounce, of Madder, two ounces and a halfe, of Camomell, Horehound, Fenegreke, of each two ounces, ſeeth all theſe things togeather in raine water, in the which let the woman bath her ſelfe: then take of Hennes greſe and Duckes greſe, of each foure drammes, to the which adde two ounces of the oyle of Dill ſeed. with this oyntment annoynt the womans head comming out of the bath, then take Date ſtones, and beate them to powder a dram and a halfe, with a ſcruple of Saffron tempered togethet with white Wine, the which let her immediately drinke after ſhe come forth of the bath.

Item, take *Oppoponacum*, and mak thereof a peſſary, the quantitie of a finger, conuay it into the priuities, this expelleth the dead birth.

Item, take of *Galbanum* a dramme or ſomewhat leſſe, of Goates milke an ounce and a halfe, or two ounces, in the which the *Galbannm* being diſſolued, giue it to the woman to drinke.

Item, a plaſter for the ſame. take *Galbanum* beaten and tempered with the iuyce of Motherwort, and of this make a plaſter, by putting too of wax a certaine quantitie: then take a linnen cloth of ſuch length and breadth that it may couer all the belly vnder the Nauell to the priuities, from one ſide to another, on this cloth ſpread this plaſter of the thickeneſſe of a ſtrawe, and lay it to the belly.

Item, take the Triacle which is called *Diateſſarum*, and giue it to the woman to drinke, and it will expell the dead byrth.

But if all these medicines profit not, then must be vsed more seuere and hard remedies with instruments, as hookes, tonges, & such other things made for the nonce. And first the woman must be laide along vpright, the middle part of her body lying higher then all the rest, companied of women assisting her about, to comfort her & to keepe her downe, that when the byrth is plucked out she rise not withall. Then let the Midwife annoint her left hand with the oyle of white Lillies, or other that may make it supple and smoth, and holding out her fingers, shutting together her hand, let her put it into the Matrix, to feele and perceiue after what fashion the dead birth lyeth in the Mothers wombe, so that she may the better put in hooks, and such other instruments to plucke it out withall.

If so be that it lie the head forward, then fasten a hook eyther vpon one of the eyes of it, or the rooke of the mouth, or vnder the chin, or on one of the shoulders which of these partes shall seeme most commodious and handsome to take it out by, and the hooke fastened, to draw it out very tenderly for hurting of the woman.

But if it lie the feet forward, then fasten the hooke on the bone aboue the priuie parts: or by some rib, or some of the backe bones, or brest bones: and when this hooke is thus fastened, the midwife may not by and by draw & pluck at it, but holding it in her left hand, let her with her right hand fasten another in some other part of the birth, right against the first, and then tenderly let her draw both together, so that the birth may proceed and come forth on both sides equally, mouing it from one side to another, till ye haue gotten out altogether, and now and then to helpe it in the comming forth with the forefinger well annoynted, if it chaunce to stick, or to be let

any

any where: and as it commeth forth, alway to remoue the hookes farther and farther on the dead byrth.

Againe, if it chaunce that one of the hands onely of the byrth do appeare, and that it cannot conueniently be reduced and returned vpward againe, by reason of the narownesse of the place, then binde it with a linnen cloth that it slip not vp againe, and then to pluck it outward vntill such time that the whole arme be out, and then with a sharpe knife cut it off from the body: and euen so do if both hands appeare first at once, or one leg, or both, if they cannot be returned back to be otherwise taken out conueniently. As ye cut the armes from the shoulders, so likwise cutting the legs from the thighes, for the which purpose the Chirurgians haue meete instruments made for the nonce, with the which such legs and armes may soone be cut from the body. These partes being once reseck and cut from the body, then turne the rest, so that it may easily proceed, with as little paine to the mother as may be.

If it be so that the childs head be so swollen by inflation, swelling, or resort of humours, that it will not conueniently issue out at that narowe place: Then let the Widwife with a sharpe penknife cut open the head, that the humors contayned in it may issue and runne forth, and so the head to waxe lesse, able to be plucked out: But if it be so, that (not by any such casualtie) the head be big but of naturall growth, then must the head be broken in peeces, and the partes euermore taken foorth with such instruments as the Chirurgians haue redy and necessary for such purposes.

Againe, if that after the head were come forth, yet the brest part would not follow for greatnesse: Then must

ye breake and cut likwiſe that part, vnto ſuch time that it may be had forth. And euen ſo likewiſe if all the reſt of the body ſhould be ſo ſwollen that it would not proceede ne come forth: then muſt it likewiſe be broken in peeces, and ſo had forth.

Furthermore, if by chance or diſeaſe it come to paſſe, that the mouth of the matrix be exulcerate or apoſtumate, ſo that the paſſage be made the narower, by that meanes, the dryer, and the more contract: then muſt yee firſt ſtudy and endeuor you to ſupple & eaſe the places by oyles and other greces, ſuch as I ſpake of ſufficiently before in the fourth Chapter, with bathes & fumigations.

Alſo if the dead byrth come ſidelong, then muſt ye do what may be done to conuert and turne it to ſuch faſhion, that it may moſt eaſily be brought forth. The matrix and other ſecrets muſt be annointed, perfumed, and bapoured with ſuch things the which may make it more ample and large. If it cannot be thus had forth whole. then let it be cut out by peece-meale, as is before ſpoken of. And if after this deliuerance the flowres iſſue ouer vehemently, then vſe ſuch things as haue vertue to reſtraine them, of the which I haue ſpoken in the ſixt Chapter before.

But contrary to all this, if it chance that the woman in her labour ſhould dye, and the childe hauing life in it: then ſhall it be meet to keepe open the womans mouth, and alſo the neather places, ſo that the childe may by that meanes both receiue & alſo expell ayre and breath, which otherwiſe might be ſtopped, to the deſtruction of the childe. And then to turne her on the left ſide, and there to cut her open, and ſo to take out the child. They that be borne after this faſhion are called Cæſars, for be-

cauſe

cause they be cut out of their mothers belly: where vpon also the noble *Romane* Cæsar the first tooke his name.

In the last Chapter of this booke be briefly recited certaine expert medicines, which be most requisite to the chiefe purpose entended in this present booke.

Chap. X.

FOrsomuch as the principall intent and end of this booke is, to shew the meanes and medicines wherby the womans labour may be made more easie: therefore here I will compendiously set foorth certaine medicines, oyntments, and emplasters, such as shalbe sufficient and most requisite to that purpose, and such as hath beene well experimented and practised: The which also it shall bee conuenient (for them that may) alwayes to haue in a redinesse against their time of neede. For although that Nature be the cheefe and head-doer in all this businesse (as in conception, bearing, and the byrth:) yet notwithstanding, medicines many times doe helpe, ayde, and fortifie Nature, being sometime impedite and let, yea, impotent and not able to do her office as should appertaine.

When the time then of the womans labour is come, if she labour long and painfully, and yet the byrth do not proceede: then for the more expedite and quick deliuerance, giue her of this medicine following.

Take of the finest Cinamome that may be chosen foure drammes, and with a sharpe knife first shred it in very small peeces, and then beate it to very fine powder.

Item, of Saffron dried by the fier till it be blackish, of

Cassia lignea, fine Reubarbe, Sauine dryed, Myrrhe, of each of these seauen scruples, of pure Muske xvi. graines, euery of these simples exquisitely by themselues powdred, and then perfectly mixed in one, with vi. or vii. drops of Malueſe, temper the whole mase into little roundels or trochiskes, each waying a dram. And in time of neede at the womans labour, giue her hardly the waight of vi. d. of these trochiskes beaten into fine powder, with iiii. spoonefuls of Hysope water, and other iiii. of good Wine secke.

This medicine is not onely profitable at this time to prouoke the birth, but also is notable good to expell the after birth, or any other such like matter in that place, hauing need of expulsion.

Item, if neede do so require, it shall be very expedient to haue this emplaster following in a readinesse, the which spread abroad vpon a linnen cloth, either els vpon leather, and so applied to the bottome of the belly, in as large manner as may be, dilateth and openeth the pores of those parts, amplifieth, enlargeth, & dissolueth them, whereby that that is contained in the belly findeth the freer issue, to the lesse greeuance of the mother.

Take of *Emplastrum de Melliloto*, of *Diachilon*, of *Oxycroceum* of each two ounces, of the rootes of *Asarum*, of wilde Nepp dryed, the leaues of *Benioim*, of tosted Cummin, of each two drammes, of good *Castorium*. iii. drams, of the oyle of Dyll one or two spoonefulles: such of these as are to be powdred, beate them fine, and then ouer a soft fire temper them all together perfectly.

Item, the same emplaster may serue to be laid ouer all the bottome of the belly & the priuy passage, to prouoke and draw forth the latter or hinder birth if neede be: But if that be not strong enough, then lay to this pla=

plaſter following, which is of much more efficacie, force, and ſtrength.

Take of *Galbanum*, *Ammoniacum*, *Seraphinum*, Myrrhe, of each an ounce, of *Colloquintida*, *Heleborus Niger*, of each two drammes, of *Caſtorium*, *Perethrum*, and *Storax liquida*, of each three drams, of Turpentine and *Petroleum*, of each foure drams. Firſt ouer a ſoft fier temper the Turpentine, *Petroleum*, and *Storax liquida*, together, then thereto adde *Colloquintida*, *Heleborus*, *Caſtorium*, and *Perethrum*, being firſt well and finely beaten to powder: after put to the *Galbanum*, *Ammoniacum*, *Serapinum* and Myrrhe, being firſt diſſolued in good Maluefey, and ſo take it from the fier, and labour it with your hands. **This plaſter is of great effect to prouoke the after byrth.**

Item, vnſet Leekes ſtamped and fryed with Butter, and ſo laid plaiſterwiſe to the belly ſerueth well for the ſame.

Item, the leaues or flowres of Marygoldes drunke with white Wine, expell the after-birth. Alſo the ſayd leaues and flowers dryed, and at time of neede, kindled with a waxe candle, and the fume thereof receiued vnderneath into the priuie part, prouoketh out marueilouſly the after-birth.

Item a comfortable potion, to be taken after the deliuerance of the childe.

Take of the ſweeteſt garden Mintes, greene or drye, of the leaues of Baume, greene alſo or drye, of the leaues of *Maioram*, the rootes of Fennell, the pith taken out, the flowers of Buglos, of Roſemarie, of Ruds, of Borage, and of dryed red Roſe leaues, of each of theſe halfe a handfull, more or leſſe as it pleaſeth you, of Cloues and Maſe bruſed a little, the waight of two pence, of Cinamome ſhred in ſmall

portions the waight of ſix grotes, knit all theſe together in a clout or little linnen bagge, and hang the ſame bagge in a quart of Borage water the ſpace of a day and a night: then take out the ſaid bagge, and reſerue the water, of the which take one halfe, and the other halfe of pure wine, Secke, or els Muſcadell: and beeing mixte together, put thereto a little of the conſeiue of Barberies, conſerue of Borage flowres, conſerue of Roſemary flowers, and drinke hereof euery day the ſpace of foure or fiue dayes, at once foure ſpoonefulles of the water, and other foure of the foreſaid Wine. **And this potion ſhall both comfort the woman, and alſo helpe greatly to the expulſion of all noyſome things to be expelled.**

And here it is worthy to be noted, that where as it is a common vſage to giue often to women in their childbed caudels of Otemeale, thinking and ſaying thereby the woman to be ſcoured, whereas indeed the ſaid Otemeale is a notable binder and dryer. Therefore yee ſhall vnderſtand, that the right vſe thereof is, to giue it to ſuch as haue already been well and ſufficiently ſcoured and cleanſed from their after-birth, and other things to be looked for in this time and caſe: but if the woman be not ſufficiently purged already, then giue her no Otemeale cawdels, ne other things that may binde.

And thus I make an ende, praying the Women readers hereof, to accept and ſuffice themſelues with theſe few medicines heere in this Chapter mentioned, and often by me and other practiſed. The which thing if they ſhall do ſo, it ſhall (no doubt) bee occaſion to me the ſooner to retake this matter in hand againe, and to refreſh and furniſh the ſame with new and much more excellent experiences then hath beene yet hi-

thereto read or seene in any Booke concerning such matters.

And as touching the aboue Trochisks and emplasters described here in this place, yee shall finde them alwayes ready made in some Apothecaries shoppes in London.

The third Booke.

In this first Chapter of the third Booke, is first declared the matters therein contayned, and then how the Infant newly borne must be handled, nourished, and looked to. Chap. I.

IN the second booke we haue sufficiently and at length declared the manners, fashions, and diuersities of byrthes, with the dangers and perilles often chaunсing to the women at their labours, and after the same. And now here in this third booke shalbe intreated what is to be done to the Infant borne. And how to choose a Nurse, and of her office: with manifold medicines and remedies against sundry infirmities, which ektsoones happen to Infantes in their infancie.

Then after that the Infant is once come to light, by and by the Nauell must bee cut three fingers breadth from the bellye, and so knit vp, and let be strued on the head of that that remaineth, of the powder of Bole Armeniake, and

Sanguis

Sanguis Draconis, *Sarcocola*, Mirrhe, and Cummin, of each like much, beaten to powder: then vpon that binde a peece of Wooll, dipped in oyle Oliue, that the powder fall not off. Some vſe firſt to knit the Nauell, and after to cut it ſo much, as is before rehearſed.

And furthermoze ſome ſay, that of what length the reſt of the Nauell is left, of the ſame length ſhall the childes tongue be, if it be a man childe. Item, Auicenna ſaith, that diuers things may bee knowne by marking of the childes Nauell: For (as he ſayth) when the woman is deliuered of her firſt childe, then beholde the nauel of the child: which if in that part of the which is next vnto the body it hath neuer a wrinkle, it protendeth and doth ſignifie perpetuall from thencefoꝛth ſterrilitte oꝛ barrenneſſe: and if it haue any wrincles in it, then ſo many wrincles, ſo many childꝛen ſhall the woman haue in time to come. Alſo ſome adde to this, and ſay, that if there be little ſpace betweene theſe wrincles in the Nauel, then ſhal there be alſo little ſpace between the bearing of the childꝛen: if much, it ſignifieth long time betweene the bearing of them: but theſe ſayings be neither in the Goſpell of the day, ne of the night.

Now to returne to our purpoſe, when that the Nauel is cut of, and the reſt knit vp: annoint all the childes body with the oile of Acoꝛns, foꝛ that is ſingularly good to confirme, ſtedfaſt, and to defend the body from noyſome things which may chance from without, as ſmoke, cold and ſuch other things: which if the Infant be greeued withall ſtraight after the byꝛth, being yet very tender, it ſhould hurt it greatly.

After this annointing, waſh the Infant with warme water, & with your finger (the nayle being pared) open

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the childes nosethrilles, and purge them of filthinesse: And that the Nurse handle so the childes sitting place, that it may be prouoked to purge the belly. And cheefely it must be defended from ouermuch colde, or ouermuch heate.

After that the part extant or the knot of the Nauell is fallen (the which commonly chanceth after the third or fourth day) then on the rest remaining, strew the pouder or ashes of a calues hoofe burnt, or of snaile shelles, or of the pouder of lead, called red lead, tempered with wine.

Furthermore when the Infant is swadled and layd in the Cradell, the Nurse must giue all diligence and heede that she bind euery part aright, & in his due place and order, and that with all tenderneſſe and gentle entreating, and not crookedly & confusely, the which also must be done oftentimes in the day, for in this is it, as it is in young and tender impes, plantes, and twigs: the which euen as you bow them in their youth so will they euermore remaine vnto age. And euen so the Infant, if it be bound and swadled, the members lying right and straight, then shall it grow straight and vpright. If it be crookedly handled, it will grow likewise. And to the ill negligence of many nurses, may be imputed the crokednes and deformity of many a man and woman, which otherwise might seeme as well fauoured as any other. By the onely negligence of Nurses many children growe crooke-backed & wry legged.

Item, let the childs eyes be oftentimes wiped & clensed with a fine and cleane linnen cloth, or with silke. And let the armes of the Infant be very straight laid downe by the sides, that they may grow right & sometime stroking the belly of the child before the beſike or bladder, to help to ease, and to prouoke the childe to making of water: and when yee lay it in the Cradell to sleepe, set the

Cradell

Cradell in such a place, that neither the beames of the Sunne by day, neyther the Moone by night, come on the Infant, but rather set it in a darke and shadowy place, laying also the head euer somewhat hier then the rest of the body.

And farther, let it be washed two or three times in the day, and that anone after sleepe, in the Winter with hot water, in the Summer with luke warme water: neither let it tary long in the water, but vnto such time as the body begin to waxe red for heate, but take heede that none of the water come into the Infants eares, for that should greatly hurt his hearing another way.

Then, to be short, when it is taken out of the bath, let it be wiped and dryed with gentle & soft linnen clothes warmed, & then to lay it on her lap the backe vpward, the which with her hands let her tenderly stroke & rub, & then to lap it vp, and to swaddel it, & when it is swadled, to put a drop or two of water into the nosethrils of it, is very good for the eye sight. And so to lay it to rest.

Of the Nurse and her milke, and how long the childe should sucke. Chap. II.

AS concerning the bringing vp, nourishment, & giuing of suck to the childe it shalbe best that the mother giue her childe sucke her selfe, for the mothers milke is more conuenient and agreeable to the Infant, then any other womans, and more doth it nourish it, for because that in the mothers belly it was wont to the same, and fedde with it, and therefore also it doeth more

more desirously couet the same, as that with the which it is best acquainted. And to be short, the mothers milke is most holesome for the child, as Auicenna writeth, it shall bee sufficient to geue it sucke twice or thrice in a day. And alwaies beware ye giue not the child to much sucke at once in this tender age of it, for cloying of it, & lest also it loth it: but rather let it haue often of it, and little at once, then few times, and ouermuch at once. For such as be ouercloid with the mothers milke, causeth their body to swel & inflate, & in their vrine shal appeare, that it is not ouercome ne concocted or digested in the child: which thing yet if it chance, let the Infant be kept fasting vntill such time as that which it hath receiued already be completly digested.

Item, if the mothers milke be somewhat sharpe or chollericke, let her neuer giue the child her brest fasting. If it be so that the mother cannot giue the Infant suck her selfe, either for because of sickenesse, or that her brests be sore and her milke corrupted: then let her choose a wholsome nurse, with these conditions following.

First, that she be of a good coulour & complexion, and that her bulke and brest be of good largnesse. Secondlie, that it be not too soone ne too long after her labour, so that it be two moneths after her labour at the least, and that (if it may be) such one which hath a man child. Thirdly, that she be of meane and measurable liking, neither too fat ne too leane. Fourthly, that she be good and honest of conuersation, neither ouer hasty or yreful, ne too sad or solome, neither too fearfull or timorous: for these affections and qualities be pernitious and hurtfull to the milke, corrupting it, and passe forth through the milke into the child, making the child of like conditi-

Choosing a Nurse.

on

on and manners. Also that they bee not ouer light and wanton of behauiour. Fifthly, that her brests be full and haue sufficient plentie of milke, and that they be neither too great, soft, hanging and flagging, ne too little, hard, or contract, but of a measurable quantitie.

The consideration of the Nurses milke.

Also looke vpon her milke, that it bee not blackish, blewish, gray, or reddish, neither sower, sharpe, saltish, or brackish. neither thin and fluy, neither ouer grosse and thicke, but temperatly white, and pleasant in tast.

And to be short, that milke is best and most to be choosen, of the which a drop being milked softly vpon the naile of the thumbe, holding your finger still, it rolleth not of, neither flitteth abroad, but if ye moue your hand a little it will slide of by and by: but if when it is milked on the naile it spread abrode, and flit by and by, then is it to thin, but if it cleaue still when that ye moue a little your hand, then is it to spisse and thicke. The meane betweene both is best.

If it be so that the nurses milke be too hot, sharpe, or colericke: then let her neuer giue the child suck, her selfe being fasting.

Diuers causes of the defect or failing of milke.

Sometimes it chanceth, that the mothers or Nurses milke do faile or decrease, the which thing may come by diuers causes: as by sickneesse, by disease in the brests, or by taking of cold in the same, and so stop and cludder the milke, or for because she lacketh such things the which might engender milke, other by ouermuch fasting, hunger, and thirst, the which causes must be wel considered: and then according to that, minister a remedy.

Things which do augment and encrease milke be these.

Let her vse to eate Parsnep, either the seede or the roote:

also.

alſo the ſeede or roote of Fennell, ſodden in the broth made with Barley or Cicercula, let her eate of that with other meats that ſhe feedeth on.

Item, to eate ſheepes breſtes, and the milke of them is good.

Item, take an ounce of cow butter, & diſolue it in warme white Wine, the which let the Nurſe drinke.

Item, boxing vnder the breſtes doth well, without ſcarification.

Item, a plaſter for the ſame of Frankencenſe, Maſtick, and Pitche, layde to the breſtes, or vnder the breſtes the skinne firſt being annoynted with oyle, leaſt it ſhould cleaue ouer faſt to the place.

Item, it ſhalbe very good to rub ſoftly with the hand the breſtes, or els in bathing after dinner or ſupper, to cauſe ſome to ſucke her breſt.

Item, take the oyle of white Lillies, or of violettes, and mingle with it muske, Enſence, and *Laudanum*, well tempered together, in the ſame dip a peece of wooll, and clapp it to the breſtes, and ſoke them with it.

Item, waſh them, and ſoke them oftentimes with wine, in the which is decoct and ſodden Mintes, Roſes, violets, and *Xiloaloes*. Alſo to eate a broath in the which is ſodden a Hen, with Cinamome, Maces, *Cardamomum*, and alſo the yolke of an egge.

Item, it is good for her to eate freſh cheeſe and milke and to refraine from all manner of great labour and harde workes.

Alſo, pottage made of beane meale, Rice, and breade made of fine flower, tempered with Milke and Sugar, putting to it alſo a quantitie of Fenell ſeede, or of the leaues, is very good.

Item,

Item, take of Annis ſeede, of *Siler montanum*, of each three drammes, of Chriſtall beaten to powder two drammes, and as much of Sugar, giue her this to drinke about ten dayes, at morning, euening, and mid-day.

Item, take of Fennell ſeede, or the leaues, and of Horehound, of each two handfulles; of Annis ſeede foure drams, of Saffron beaten one ſcruple, alſo of freſh Butter three ounces, and ſeeth all theſe in ſufficient water, making hereof a plaſter, the ſame plaſter whilſt it is hot, lay it to the Nurſes breſt.

Item, take of Commin ſeede an ounce and an halfe, of clarified Hony three ounces, ſeeth it in fiue pintes of water, altogeather put into a new pot, and let it ſeeth to the third parte, and of this decoction giue the Nurſe often-times to drinke.

Item, take of Beetes well waſhed one ounce, of Commin halfe an ounce, of Hony ſixe ounces, of theſe mingled and tempered togeather, make an electuary, of the which let her take boh in the morning and euening, at each tyme a ſpoonefull.

Item, take two drams of Chriſtall beaten into fine powder, and deuide that in foure equall partes: one of theſe partes giue vnto the Nurſe, the ſpace of foure dayes to drinke, with broth made eyther of Cicer, or els of Peaſon.

Alſo al theſe things following encreaſe and augment milke in the breſtes: Annis and Annis ſeede, dill and the ſeede, Horehound, *Cardamomum*, freſh Cheeſe wortes made of olde Cheeſe, Cicer, Chriſtall beaten to powder, and taken with Hony, Lettuſe, Fennell, Wine in which Roſemary or Sauery be ſodden.

Item, to abſtaine from venery or mans company: for if ſhee vſe that, it ſhall ſpend and conſume the milke, and

make

make it vnſauerie & vnwholſome, neither can the childe well brooke it, but moſt commonly ſhall caſt it vp againe, becauſe it cannot digeſt it.

Alſo it ſhall be beſt that the childe ſuck not of the mothers breſt by and by, as ſoone as it is borne, but rather of ſome other womans, for a day or two, for becauſe that the creame (as they call it) ſtraight after the birth, the firſt daye in all women doth thicken and congeale.

Item, if it chaunce that the Nurſe be ouer ſore lasked, or that ſhe be ouer ſore bound, ſo that ſhee take any medicines to remedy it: then let another giue the childe ſucke whyleſt ſhe be recouered againe. And when the childe is layde in cradell to be rocked, rocke not too faſt, leſt through ouer much rocking and ſtirring, the childes ſtomack turne, and the milke there corrupt for lacke of reſt.

How long the childe ſhould ſucke.

Auicen adviſeth to giue the childe ſucke two yeares: howbeit among vs moſt commonly, they ſucke but one yeere. And when yee will weane them, then doe it not ſodenly, but a little and a little, and to make for it little pilles of bread and Suger to eate, and accuſtome it ſo, till it be able to eate all manner of meate: and this ſhall ſuffiſe for the education and bringing vp of Infants at this time. Notwithſtanding diuers other things heere are left vnſpoken of, another time (God willing) wee ſhall declare them at large.

Of diuers diſeaſes and infirmities which chaunce to children lately borne, and the remedies therefore. Chap. III.

ALthough there bee in manner infinite diſeaſes which happen to Infantes, as writeth Hipocrates, Galenus, Racis, Auicenna, and diuers other: yet for breuity and ſhortenesſe wee will rehearſe heere onely ſuch of them which moſt commonly happen to the ſame, and that be theſe: exulceration of the gummes, flix of the belly, or ouermuch looſeneſſe of the ſame, the belly hard bound, the cramp, the cough, and diſtillation of the head, ſhort windineſſe, bladders on the tongue, exulceration or clipping of the mouth, apoſtume in the eares, apoſtume in the braine, ſwelling and boining of the eyes, ſcum or creame of the eies, the feuer, gnawing in the belly, the body ſwelling and puffed vp, often ſneeſing, wheales or bladders of the body, ſwelling of the coddes, ſwelling of the nauell, vnſleepineſſe, yexing, appetite to parbrake, fearefulneſſe in the dreames, the mother, iſſuing out of the fundement gut, wormes in the belly, chafing, the falling ſickneſſe, the conſumption, the palſie, trembling of the partes of the body, the ſtone, goggle eyes.

How to cure and to remedy all theſe now will I ſhew in order.

Of exulceration of the gums.

FIrſt in exulceration of the gummes, are wont certaine puſhes, and as it where wheales to grow on the gummes, or in the corners of the iawes, the which

which put the place to much greeuance: and to remedy this, it shalbe good that yee with your finger rubbe the Infants gummes, and the pushes or whelks withall, and then to annoint the same gums with ointment made of Hens greece, Hares or Conies braine, oyle of Camomel mixt with Hony: then take water, and in it seeth Camomell and Dill, the which water being hot, powre it on the childs head, holding it a foote aboue the head.

Of the flix and ouermuch looseneſſe of the belly.

For this take the seede of Roses, Commin, Annis, and the seede of Smalladge, beate all these togeather, and make them Plaster-wise, and lay it to the childes bellye. For the Flix in children.

And farther, if that it which the Infant voydeth be of red or yellow colour, then giue it to drinke of the Syrope of Roses, or of Crabbes, other els of Pomegranates tempered with a little Mint water.

Item, take the seede of Sorrell, and beate it, then temper it together with the yolke of a rosted egge, and giue that to the child to eat, or els take the same seede bruised first, and then seeth it in fayre running water, thereof let the childe drinke two or three times the day,

Item, take a gall, and beate it to powder, then seeth it in water, with this water temper Barley meale, or the meale of *Mellium*, and make a plaster of it, the which lay vnto the childes belly.

Item if that that commeth from the child be whitish, then take of Nutmegges the waight of a Penny, and of white Frankencense a scruple, or the waight of two pence the which temper with the iuyce of a Quince, and giue it

to the childe to drinke.

Item, take the meale of Barlye, temper it with the iuyce of Plantane, and a little Vineger, and make it plasterwise, and lay it to the childes belly, but being first a little boyled together ouer the fyre.

Item, take the iuyce of *Centinodium*, and the white of an Egge, and temper them together, to the which adde the powder of dryed red Roses, the powder of Hematites, Masticke, Frankencense, Bole Armeniake, *Sanguis Draconis*, and the rynes of Pomegranate, of all these mixed together make a plaster, and lay it (first warmed ouer the fire) to the Infants belly.

Item, to washe the childe with the water in the which be sodden leaues of redde Roses, is very good.

Item, take the iuyce of Camfery, and the iuyce of Plantane, the more and the lesse, and in this put claye of an olde furnace or ouen, and make of it a plaster, and lay it to the childes belly.

To vnlose the childe being bound.

If the child be so bound, that it cannot long time haue any stoole, then make a suppositarie of Hony, sodden till it be hard and massie, and let the suppositarie bee of the length of your little finger, and the bignesse of two Wheate strawes bound together, then dip it into oyle, and conuey it into the childes fundement.

Item, likewise you may make a suppositar of the stalke and the roote of Beetes, or els of the roote called Oresse, or Flourdeluce roote, made of the quantitie before spoken, and conueyed into the fitting place of the childe.

Item, to giue to the Infant as much Hony as a Pease to drinke,

drinke, and to rubbe the belly a little, and to ſupple it with a peece of wooll dipped in Oyle, or dipped in Bulles gall, and layd to the Nauell.

Item, you may giue vnto the Nurſe a medicine whych hath vertue to vnbinde and looſe, and the next day after let the childe ſuck her, and it will looſe alſo the childe.

Item, take of ſmall Mallowes, of great Mallowes, of each an handfull, of Fenegreke and Line-ſeede of each an ounce, of Holyoke two ounces, of figges the number of ten, ſeeth al theſe togeather in water, and them ſtampe them in a morter, and put vnto it of Butter, and of Hennes grece, of each two ounces, and of Saffron on ſcruple, and make a plaſter of it vpon a linnen cloth, of the thickneſſe of a ſtraw, and lay it to the childes belly, a day and a night.

If this moue not the belly, then take of Aloes Cicotrine one dram, of *Helleborus* both *niger* and *albus*, of each, fifteene graynes, beate theſe to powder. then temper them with three ſpoonefuls of the iuyce of Walwurt, or of Oxe gall, in this licour dippe Woll, and lay it to the Nauell the breadth of a hand, and binde it to the place.

Item, take the iuyce of Walwurt, and of Mill meale, and ſeeth thoſe together till they be thicke, then make a plaſter thereof, and lay it to the belly beneath the Nauell.

Remedy for the Crampe, or diſtention of members.

If it chance that the Infant be taken with the diſeaſe called the crampe, the which for the moſt part commeth of indigeſtion, and of the weakenes of the power attractiue, and ſpecially in ſuch children the which be very fat and moyſte, then ſhall yee annoynt all along the

backe of the Infant with the oyle of blew Floure-deluce, or els white Lillyes, eyther the oyle of Rue.

If the crampe take the child whilest it stretcheth forth the armes, legges, and other members (as we be wont in gaping or panting) then let it be bathed and washed in water, in the which Prim-Roses, Couslopes, or the flowres of Camomell be sodden, or els annoynt it with the oyle of Violets, and the oyle of sweete Almonds tempered together: and if the childe bee in great heate, annoynt it with the oyle of Vyolets, or with oyle Olyue, tempered with a little white waxe, and also powre on the childes head the oyle of Violets.

Remedie for the cough and distillation, or Catharres of the head.

Sometimes the Childe is sore encombred with the cough, and with distillation or running of humors out of the head to the nose, the mouth, and the brest, the which yee shall remedy thus.

First powre warme water on the childes head, holding it a foote and a halfe from the childes head, and so doe continually the space of halfe an houre, and in the meane while put a little Hony on the childes tongue to chawe vpon: then put your finger into the childes mouth, and depresse or holde downe the innermost part, or the roote of the tongue next to the throate, to prouoke the childe to vomite, and to voyde the grosse and viscous humors, which be cause of this ill.

Item, take Gumme Arabicke, Gumme Dragagant, the seede of Quinces, the iuyce of Lycorise, and Suger penidium,

dium, all this beaten together, giue euery day to the childe a quantitie with milke new milked.

Item, make Almonde milke with Almondes blanched, and onely the iuyce or water of Fenell, whereof when it is well ſodden, let the childe eate or drinke morning and euening, or any other time of the day.

And if it bee ſo that the cough haue exaſperate and made rough the tongue and the rooſe of the mouth, then take of the ſeede of Quinces two ſpoonefulles, bruſe them a little, and ſteepe them in warme water the ſpace of two or three houres, then ſtraine the viſcous and groſſe water from them through a ſtrainer, and that remaineth, frye it together in a Frying panne with Suger *Penidium*, and the oyle of ſweet Almonds therof making an electuarium, the which giue vnto the childe to receiue: if the childe haue great heate with the cough, then adde vnto the ſame electuarie, the iuyce of a ſweet Pomegranate,

Item, againſt the cough, and ouermuch heate, take the ſeede of white Pogie and Dragagant, of each two drams, of the ſeede of Cowardes foure drams, and beate all theſe together, and giue at once the waight of foure pence to the child, with the water in which Rayſons haue been ſodden.

Item, take Rayſons, and dooing away the graines of them, ſeeth them together with water in a Frying Pan, ſo that they burne not to the bottome of the panne, then take it from the fire, and beate it well in a morter, tempering therwithall Suger *Penidium*, and giue of this in the morning and euening to the childe.

Againe, if the cough come of a colde cauſe, then take a little Myrrhe beaten to powder, and temper it with a quantitie of warmed Hony, and the oyle of ſweete Almondes, and of this giue vnto the childe.

Furthermore, the Nurse must auoyde all such things the which may engender cough, as Vineger, ouermuch salted meates, Cheese, Nuts, and all sharpe things. Also she must annoynt the Childes brest with butter, and with Dialthea.

Item, for the cough, Take Raysons, and frye them in a frying panne, then stampe them in a morter, and to that adde as much of Suger *Penidium*, with a little oyle of Violets, and make an electuarie of these, and giue to the childe the mountenance of a Hasell Nut.

Remedie for short winde.

Many times chaunceth also to Infantes difficulty of breathing or short windinesse: the which to remedie, take Lineseede, and beate it, and giue of it vnto the childe with Hony: but if the disease encrease on the childe, and that the winde pypes in a manner seeme stopped, then annoynt well the eares, and all the places about the eares with oyle Olyue, and also the tongue for to prouoke vomite, and then powre a little warme water into the childes mouth to wash it with all, and giue to it a little Lineseede, tempered with Honny, and beaten, made after the fashion of an electuary.

Item, if the childe haue besides this also the flix: then giue vnto it the Syrope of Myrtels, other els Dates sodden with milke and flower.

Against wheales or bladders on the tongue.

Item, sometimes happeneth to the childzen, wheales and blisters on their tongue and mouth, which

things

things come of the sharpenesse and eagernesse of the Nurses milke, the mouth and tongue of the Inkant beeing so tender, that the least thing that toucheth it shall offend it: wherefore, besides that it is great paine to the childe thus to be blistered by the eagernesse of the milke, it is also very perillous and dangerous. For such wheales which be not ripe and seeme blacke, be tokhen death: which if they be white or yellowish, then they be of lesse perill.

Against this ill, take Violets and Roses, and seeth them in a little Rose water, and therewith wash the blisters.

Item, take the iuyce of Lettuse, the iuyce of Petimorel, and the iuyce of Purselaine, which when they bee well commixt and tempered togeather, annoynt therewith the whelkes. And if the foresaid blisters or whelkes bee blackish: then adde to the foresayd iuyces, Licorise beaten to powder.

Item, if the same bee very moyst then take Mirre, Gales, the rine of Frankencense, beate them well altogeather, and temper them with Honny, and annoyn t the childes tongue therewith.

Item, take the iuyce of Mulberies before they bee full ripe, other elsse of vnripe grapes, which is called *Vergeus*, and with that annoint the tongue.

Item, it is very good to wash the tongue with red wine, and then to strew vpon it the powder of Galles, or els of the barcke or rine of Frankencense.

If yee will haue a quicker medicine in operation and sharper: then take Bole Armenacke, Pisidium, and Sumach, of each three drams: also of Galles two drams, of Alome one dramme, all these beate together, and searse them through a

fear-

ſearſer, and ſtrew that powder on the bliſters.

Item, if theſe wheales be reddiſh and cauſe much ſpittle to gether together in that place, then let the Nurſe vſe ſuch things which are moyſt and colde, and let her chaw in her mouth very ſmall a few fatches, of the which lay on the Infants mouth and tongue.

Item, Amilum or ſtarch tempered together with Roſe water, and put on the childes tongue is good.

Item, take the iuyce of Pomegranats, the iuyce of Quinces, or the iuyce of Oringes, and doe of this on the childes tongue in like manner: but if the wheales or bliſters be ſomewhat yellowiſh, then to theſe iuyces ſpoken of before adde the iuyce of Lettuſe and of Purſelane. But if the wheales ſeeme whitiſh, then take of Myrrhe and of Saffron, of each one dramme, of Sugar Candie two drams, and beate theſe to powder, and lay it on the wheales of the tongue.

Of exulceration or clefture, chapping or chining of the mouth.

Sometimes by reaſon of the hardnes of the nurſes paps, the childs lippes and mouth be exulcerate, hauing in manner of clefts and chines in them: and in this caſe take tozed woll, and dippe it in the iuyce of Plantane, or els in butter molten, or in freſh hens greace, euerie of them being warme, and with this annoynt the mouth and lips of the child.

Of

Of Apoſtumation and running of the eares.



When that humors and matter iſſueth out of the eares, which properly commeth of aboundant humors in all the body, & moſt ſpecially in the head: then take a peece of wooll, and dippe it in hony mixt with red Wine, to the which is put alſo a little quantitie of Alome beaten to powder, or of Saffron then make of the ſame as it were a tent, and put it in the childes eare, and when the the tent hath ſucked and drawne to it the humours and filthyneſſe of the eare, then take it out and put in new: and if that which commeth out of the eare bee as matter, then take of ſodden Honny, and temder it with water, put of it into the eares: or els take the powder of Galles, tempering it with Vineger, and doe likewiſe.

But if the child haue great paine and dolour by windines, ventoſity, and the humours in this place, then ſeeth Organie and Myrrhe with oyle Oliue, and ſo beeing warme: put of it into the eares.

Of appoſtumation in the head.



If there be any Apoſtume engendred in the head, (which many times chaunceth) the which cauſeth the cheekes and eyes to be greatly payned, and the eyeſight to ware wannish or tawney: then muſt be applied ſuch thyngs which may refrigerate and coole the braynes: as, take the iuyce of

Gowardes,

Gowardes, the iuyce of Nightshade, and iuyce of Purselane, and temper them with the oyle of Roses, in this dip a peece of wooll, and lay it to the head, and as often as it waxeth dry, dip it againe.

Of swelling or bolning of the eyes.

AGainst swelling and bolning of the eyes, take *Licium*, and temper it with womans milke, and put of it into the childes eyes, and binde it to the place with a fine and soft linnen cloth: then afterward wash the eyes with water in which Camomell and basill haue beene sodden. **If that in this swelling the eyes be not red, neyther the browes swollen:** then take Mirre, Aloes, Saffron, and the leaues of Roses, and temper all these, and stiepe them in olde wine, and binde it to the childes eyes with some linnen cloth, and into the childes nose put a quantity of Ambre, dissolued in womans milke.

Of the Scumme or white of the eye.

AGainst the Scumme or white of the eye, which for the most part happeneth to children through ouermuch crying and weeping, take the iuyce of *Solatrum*, and drop the same into the childes eye, and if by the same chaunce the vaine of the eyes waxe reddish, or be swollen, then annoynt them with the same iuyce.

Against immoderate heat, or the feuer.

IF the Infant be in great and vehement heat, contrary to nature, the which is called a feuer: First it shall be the Nurses part to eate and vse such things the which coole

coole and moyſten.

Alſo to giue vnto the Infant of theſe things following. The iuice of Pomegranate, the water of Gourdes, Suger, with a little Camphery mixed therewithall, tempered well togeather. Item it is very good to prouoke it to ſweating.

Item, take of the iuyce of Wormewood, of Plantane, Mallowes, and Singrene, and temper them altogether, and ſeeth them a little on the fier, in the which alſo mixe Barley meale, and make a plaſter of all theſe, and lay it to the childs breſts. Alſo take the oyle of Roſes, and the oyle of Poplar, and mixe them together, with this oyntment being colde, annoynt the childes forehead, the temples, the armes, the hands about the wreſtes, and the pulſes, and the feete about the ancles.

Item, take of Barlye meale, and of dried Roſes and powdred, and temper theſe with the water of Roſes, and the water of Endiue, and make thereof on the fire a plaſter, the which lay to the childes breſt ſomewhat warme.

Alſo as often as the child is waſhed, let it be done with water in which is ſodden ſuch things which coole: As Lettice, Purſlaine, Endiue, Plantane, and ſuch other.

Againſt fretting or gnawing in the belly.

If the child be vexed with fretting & gnawing in the belly, the which thing yee ſhall know by the immoderate crying of the child, and that it turneth from one ſide to another, with great crying: then ſhall you take warme water, wherein hath beene ſodden Lauander, Cummin, Fenell ſeede, or the ſeede of Dill, and oyle Oliue, tempering them together: and herein dip a peece of

Wooll

Wooll, and therewith ſoke the childes belly oftentimes.

Againſt ſwelling of the body.

WHen the childes body, or any part thereof is ſwollen and puffed vp: then take the toppes of Elder tree, and of Walwort, and ſeeth them in white Wine, and therein lappe the Infant, ſpecially if it be not taken with ouer great heate: but if ſo be that with ſwelling in the head the belly bee ſwollen alſo, then take Myrrhe, Aloes epatike, and Saffron, and beate them altogeather, and temper them with the iuyce of Beanes, and lay it to the childes head.

Againſt often ſneeſing.

SOmetimes the Infants be ſore troubled and vexed with often ſternutation and ſneeſing, which thing if it come of the Apoſtume in the head: then ſhall yee miniſter ſuch things to the head which refrigerate and coole, whether it bee oyles, oyntements, iuyces of the hearbs, or other things. If this come of any other cauſe then of Apoſtume: Take Baſill, be it greene or dry, and put of the iuyce or powder of it into the childes noſe. **But if this ſneeſing come and begin with heate, and that the childs eyes ſeeme as they grew inward for paine thereof:** then lay to the childs head the leaues of Purſlaine, or Goward, cut in thinne ſlices, and tempered with oyle of Roſes, and Barly meale, and alſo the yolke of an egge.

Of

Of whelkes in the bodie, and the cure.

THese whelks if they appeare blacke vpon the body, they signifie perill of life, and so much the more, the greater quantitie that there is of them: but if they seeme whitish or reddish, it is no perill, and may easily be cured. Wherefore take the leaues of the red Rose, the leaues of Myrtils, and of *Tamariscus*, and seeth these in water, and in that water wet a linnen cloath, and soake therewith the whelkes. Item likewise it is good to annoint the same with the Oyle of Roses, of Myrtils, and *Tamariscus*. **If the whelkes be white or reddish, then let them be rype before ye minister any thing to them: and when they be open and begin to matter,** then to clense, purifie, and to dry them being ripe and broken, it is very good to wash the same whelkes with Mulsum or Hydromell, in which Saltpeter is dissolued. Mulsum and Hydromell, **is water and hony sodden together.**

Against swelling of the coddes.

MAny times chanceth to children (through ouermuch crying) swelling about the Coddes, and sometimes burstnesse, and swelling in the inner part of the thighes, the which swelling sometimes commeth by inflamation of great heat, and sometimes with onely windinesse. If it come of windinesse, then the Coddes wil sometimes appeare so stiffe as a tabour, and shine as it were an horne. The remedy for this is, take a quart of double beare woort, and therein seeth of the leaues of Bay halfe a handfull, of Rue a quarter of an hand-

handfull, of Fenell, Dill, and Camomell, of each a meane handfull, cut and bruſe all theſe hearbes togeather, and ſeeth them from the quart to the pynte, then ſtrayne them ſtrongly from the liquor, in the which liquor ſeeth ſo much Beane flower as may ſerue to make a plaſter, thereto adding at the latter end two or three ſpoonefuls of oyle of Camomel, and lay this plaſter hot to the coddes. **If the ſwelling come of heate, then alay the ſame with ſome colde hearbes, ſuch as I haue oftentimes ſpoken of before.**

Againſt ſwelling of the Nauell.

ALſo ſometimes the childes Nauel ſwelleth, and eſpecially ſtraight after the birth when it is cut. For this, take Spike celtike, and ſeeth it in the oyle of Almondes, myxed with a little Turpentine, then in this dippe wooll, and lay it on the place.

But if ſo be that this ſwelling come of ouermuch criing, cough, or of a ſtroke or fall: Then take bitter Lupines, and the powder of faire olde linnen cloath burnt to powder, and temper theſe with red Wine, and then in this dip a peece of towe, and lay it to the Nauell.

Againſt vnſleepineſſe.

AGainſt vnſleepineſſe, that is when the childe is deſtitute and wanteth his due and naturall reſt, all the while crying and weeping. For this take two heads (with the ſeedes therein contayned) of white Popie, and with one ſpooneſull of Roſe water, and three or foure droppes of Vineger; ſtampe them in a morter reaſonably then adde thereto two ſpooneſulles of womans milke, and

the

the waight of an halfe peny of Saffron, with halfe a ſpoone full of Barly flowre, the which yet ſtampe a little together againe, and then lay it in a fine thinne double linnen cloath, and apply it to the forhead from one temple to the other.

Item, giue the childe to drinke a little of the ſyrope of Popie. Alſo to annoynt the temples with the oyle of Popie is very good.

But if this vnſleepineſſe come of the impuritie of the Nurſes milke (as many times it dooth) then take of the oyle of Violets, and put vnto it a little quantitie of Vineger, and of this liquor droppe oftentimes into the childes noſe-thrilles. Or els take the oyle of Roſes, and temper it with the iuyce of Lettuſe, and therewith annoynt the head and the ſtomacke of the childe. **And farther, ſee that the Nurſes milke may be amended.**

Againſt yexing or the hyckot.



This yexing commeth either of coldneſſe of the ſtomacke, or els of ouermuch fulneſſe, or for lacke of meate, and emptineſſe of the ſtomacke, or els by ſome hot and cholerike quality, biting vpon the mouth of the ſtomacke

As often as it commeth by the aboundance of meate and fulneſſe, the remedy is to prouoke it to vomite. **If by coldneſſe of the ſtomacke,** then annoynt the ſtomacke with the Oyle of Bayes warmed, other els lay to the ſtomacke a plaſter made of the ſeede of Dill, beaten and tempered with the iuyce of Myntes.

But if it chaunce by any heate or collerike quality, then take the Oyle of Violets, or of Roſes, the iuyce of Endiue,

or of any other ſuch hearbes, the which haue power to infrigidate and coole, and temper the ſame with womans milke, and annoynt therewith the childes ſtomacke.

And when it proceedeth by defect and lacke of meate or emptineſſe of the ſtomacke, then giue to the childe to feede vpon milke, and other good holeſome things to ſup, **neither paſſe not greatly though the childe reiect and vomite vp againe that the which it receiueth, for ſo much euer will remaine in the ſtomack that ſhalbe ſufficient to ſuſtaine it, and meanely to nouriſh it.**

Againſt often parbreaking by weakeneſſe and feebleneſſe of the Stomacke.

Gainſt ouermuch parbreaking, beate foure graines of Cloues, and giue it to the childe to drinke, with foure or fiue ſpoonefuls of red Wine.

Item, take of maſticke, white Frankencenſe, and the leaues of the redde Roſe, ſo much as ſhalbe ſufficient, and all theſe beaten together, temper them with the iuyce of Myntes, and make a plaſter of it, laying it to the childs ſtomacke. **But if the childes vomiting be very vehement**, then put vnto theſe foreſaid things a quantity of Roſe vineger.

Item, take fine meale, and bake it ſo hott in an Ouen, or elſe in a frying pan ouer the fire, till it waxe browne, then beate it to powder againe, putting it into Vineger, and to theſe adde the yolke of an Egge hard roſted, Maſticke, Frankencenſe, and Gum Arabicke, and temper all theſe with the iuyce of Mintes, making of it a plaſter, the which laye to the childes ſtomacke, and to the childes mouth and noſe

hold

hold a warme toste of bread.

Causes of this ill be three. The first, if the child haue taken more milke then it is able to concoct and digest. The second, if the Nurses milke be ouer thinne, waterish, and fluish. The third, if the same milke be impure, feculent and corrupt. These causes prouoke vomite, and especially if the childe also haue a weake and waterish stomacke: wherfore ye must helpe the Infant after this manner.

First let the childe sucke lesse then it did before, and then also marke that which the childe doth parbreake, whether it sauour sharpely like Vineger, and that it be whitish: For if it be so, then take of white Frankencense viii. graines, of dryed Rue xx. graines: beate these to powder, and giue it to the childe to drinke with the sirope of red Roses.

Or else let the Nurse chaw Cummin, and so put it into the childs mouth: Giue also of the syrope of Pomgranets, with the powder of drie Mints to the childe.

Take Masticke *Accatia*, *Xiloaloes*, Galles, white Frankencense, tosted bread, of each like much, beate them together, putting to of red Roses, and tempering it with the conserue of Roses, and lay it to the childes stomake.

But if it so be that the parbreaking of the child sauer not after the fashion of Vineger, but after some other soure sauour, and that it be not whitish, but pale or yelowish: then giue it the iuyce of Quinces, **and laye this plaster vnto the childes stomack** Take Barly meale, wilde Mulberies and *Psidium*, beat all these together, and temper it with Rose water, and lay it to the childes stomack.

And furthermore, if the childes stomach be somwhat waterish and slow in digestion: then annoynt it with the water of Roses, in the which Muske hath beene dissolued

or els the water of Mirtilles, and giue it to drinke the iuyce of Quinces, with a little Cloues and Suger, or with a ſcruple of Nutmegs therewith tempered and mixed.

Againſt fearefull and terrible dreames.

ALſo ſomtimes the children be vexed and vnquieted with fearefull and terrible dreames in their ſleepe, which thing for the moſt part commeth of the aboundance of food, and ouermuch meat or drinks, which for the ſuperfluitie thereof cannot be concoct ne ouercome of nature, wherefore neceſſarily it putrifieth and corrupteth: the noyſome and hidious vapours whereof, flying vp to the head in time of ſleepe, cauſe theſe terrible phantaſies in the ſleepe. And thus it may be remedied. Firſt take heed, that yee lay not the childe to ſleepe ſtraight after it hath fed, and alſo let it licke a little Hony, ſwalowing it downe, ſo that by it, ſuch things the which be ſomewhat hard to digeſt and concoct, may the ſooner be digeſted, and the refuſe the more eaſily to deſcend into the guttes.

Item, euery day giue to the Infant halfe a dram of the Electuary called *Diamuſcum*, or *Diaplicis*. Alſo Triacle in this caſe is very good, taken with Milke, as ſaith *Raſis*.

Againſt iſſuing forth of the Fundement gut.

FOr the iſſuing forth of this gutte: when the childe laboureth to eaſe it ſelfe: Take Mirtyls, Acorne cuppes, red Roſes dryed, burnt Hartes horne, burnt Alome, Goates hoofe, *Baluaſtium*, and Galles of each like much, and ſeeth all theſe together with water, ſo long till the

the water haue receiued the ſtrength of the ingredience, and with this water being warme, waſh the gut, and ſo conuey it into the body againe, **as I haue taught you in the ſecond booke.**

Againſt Tenaſmus.

TEnaſmus is a diſeaſe when the childe enforceth it ſelfe to the ſtoole, and yet can do nothing, the which thing oftentimes chaunceth to children, moſt commonlye proceeding of cold. Againſt the which, ye ſhall vſe theſe remedies. Take Garden Creſſes and Cummin ſeede, of each like much, beate them togeather, and temper them with old butter, and giue it the Childe to drinke with colde water.

Item, take Turpentine, and lay it vppon coales, whoſe fume let the childe receiue beneath in the fundement, the fume being incloſed round about with clothes.

Item take Tarre, and likewiſe make fume of it, receiuing the fume as before.

Againſt wormes in the belly.

SOmetimes there breede Wormes in the guttes, of the bigneſſe and quantitie of ſuch as are wont to be in olde Cheeſe, called Mites, and ſome like Lice. And ſomtime in the belly are engendred wormes of the bigneſſe of earth Wormes, called Eaſes. Againſt theſe vſe this remedy. Take the water of *Centumnodia*, and giue it to the childe to drinke with milke.

Item, take of white Corall, the ſcraping of Iuory, of

Harts horne burnt, and of Iroes, of each a ſcruple, of Suger Candy one ounce and a halfe, of the water of *Centumnodia*, ſo much as ſhalbe ſufficient to temper all theſe things before, and of this make ſuppoſitaries, miniſtring to the childe euery day the waight of two drammes.

Otherwiſe, according to *Raſis* **minde**. Take of Commin ſeede as much as ſhall be ſufficient, and temper it with Oxe gall, making thereof a plaſter, the which yee ſhall lay to the Infants Nauell.

Item, Oyle Oliue taken and drunken a ſmall quantity thereof, is very good to kill all manner of Wormes which breede in the gutte, neere to the fundement. Alſo take the fineſt Cotten, and thereof make ſuppoſitories, the which yee ſhall annoynt with the oyle of Wormewood or of Rue, or of the Kernels of Peaches, or the oyle of bitter Almonds, and ſo to conuay it into the childes ſitting place.

Item, it ſhall greatly profit the child, if it be waſhed in the water in which is ſodden Wormewood, and the leaues of Peaches.

Item, an oyntment for the ſame. Take of Wormewood, and of Lupines, of each two drams, of *Siler montanum*, Commin, Cockle, Centory, and *Centonicum*, and of Harts horne burnt, of each foure drams, all theſe things beaten togeather, temper them in the oyle of Wormewood, or of bitter Almonds, the waight of two ounces, putting to it foure drams waight of waxe, and make hereof an oyntment, and annoynt the childes belly therewith by the fire, or in ſome warme place.

Item, take of Cockle two drams, of Wormewood and Maſticke, of each one dram, of Aloes, red Corall, of each two drammes, of *Coriander preparat*, ſixe drams, beate all theſe well togeather, **Adde alſo to theſe**, of Rye meale three

ounces

ounces, of Lupines beaten to powder, six drams, of Saffron two drammes, temper all these in two ounces of the iuyce of Rue, and foure ounces of the iuyce of Wormewood, or of the oyle of the same, and make hereof a plaster, and lay it vnto the childs Nauell the breadth of a hand.

Item, giue the childe the waight of foure pence of the powder of *Aloes Cicotrine*, with fayre water first sodden and sweeted with Suger, or else with single Beare: and this no doubt is soueraigne.

Item, against the great and long Wormes. Take of the iuyce of Wormewood, and of Oxegall, of both two ounces, of *Colocinthis* viii. drams, temper all these well together, adding to it a little wheaten meale, and make hereof a plaster, the which lay to the Nauell of the childe.

Item, a bathe for the same.

Take Wormewood and Gaules, and seeth them in water, and let the childe be bathed in it vp to the Nauell.

Of chafing or galling in any place of the body.

AGainst galling or chafing of the childes skinne, by reason of the acrimonie and sharpnesse of vrine or sweat: Take Myrtils and beate them to powder, and strew thereof on the place.

Item, take of *Iroes*, of the red Rose, of Cyprus, of *Tragacantum*, so much as shall be thought sufficient, and beate them all, or part of them, and strew of the powder on the chafed place.

Item, take of the oyle of Roses one ounce, of white

Frankencense one dramme, and melt these together, and take eight graines of Camphire dissolued in Rose water, and mixe therewithall, and of all this make an oyntment, and annoynt the chafed place therewithall. Also *Vnguentum album*, and *Vnguentum rubeum* be good for this purpose.

Item, the decoction and fomentation with the water wherein Plantane, Knot-grasse, Docke rootes, or *Bursa pastoris* is sodden, is very good for the same.

Of the falling sickenesse.

Sometimes the Infants be vexed and encombred with the falling sickenesse, and that two manner of wayes. One is, that it hath this disease straight forth with the byrth: Cause of the which, is colde and ill humors in the head and braines. Another is, that it taketh this infirmitie after the byrth by some accidentall causes, in which case, if it leaue not the child, being a man child, before he be xxb. yeeres of age, and the woman child, about the time of hauing her first flowres, if it forsake them not in this space, neither by the might of Nature, neither of medicines, then is it like neuer to depart from them.

Againe, if this disease come not by nature, but by some accidental cause afterward: then giue diligent heed that the Nurses milke be very good, and conuenient to the childes Nature. And for the same purpose, if necessitie require, it shall be very good to purge and cleanse the Nurses body with due and meete medicines, and shee must auoide all such thyings the which do coole and moisten: and to suffer the childe to receiue no more milke at once, then it may be well able to digest.

Against

Against this cruell diſeaſe, authours much commend the roote of a Pionie, onely handged about the childes necke.

Item, the ſame roote dryed and beaten to powder, and ſo oftentimes giuen to the childe to take, ſometimes with drinke, ſometimes with pottage, pap, or milke, or any other wayes. Likewiſe the ſeede of Pionie is very good.

Furthermore powre now and then into the childes noſethrilles, Oyle of *Caſtorium*, or the oyle of Coſtus, or of *Euforbium*: Alſo let the childe ſmell to Rue, and to *Aſa fetida*.

Item, to hang *Viſcum querſinum*, which is gathered in March, the Moone decreaſing, about the childes necke, is very good. **Diuers other things there be, which might be here rehearſed, but this ſhalbe ſufficient at this time.**

Conſumption or pining away of the body.

When the Infant falleth away, and the fleſh rebateth, remayning nothing but as it were ſkin and bone, and thereby the child wareth ſickely: Then let the Infant bee bathed in water, in which hath been ſodden the head and the feet of a Weather, ſo long till the fleſh part from the bones of his owne accorde: and euery time that the childe commeth foorth of the bath, firſt let it be wiped and dryed cleane, **and then annoint it with this oyntment.** Take freſh Butter, oyle of Violets, and oyle of Roſes, of each one ounce, of the fatte of freſh Porke halfe an ounce, of white waxe two drammes: melt all theſe things together, and make an oyntment of it, annointing therewith the childes body.

Item, take white Waxe, Swines greaſe, Sheepes tallow,

freſh

fresh Butter: melt all these things together, and straine them, making of it an oyntment, and annoynt the childe withall once or twise euery day. **But the chiefe hope of restauration, must be in light, restorative, and pure nourishing meates.**

Of lassitude, wearinesse, or heauinesse of the childes body.

SOmetimes it chanceth that the childs members of the body be so feeble, as though it had the paulsey, so that with those parts of the body the childe cannot helpe it selfe, neither can it lift vp the hands, armes, ne stand on the feet. If the child haue this disease whilst it sucketh, then let the Nurse be comforted and strengthened with such things the which haue vertue to heat & to dry. Also let the Nurse feede onely on rosted or fryed meates, and that she forbeare from Milke, Fish, and hard or salt powdred flesh: for commonly this disease springeth of cold and moyst humours, beseeging the sinnewes.

Furthermore, let not the Nurse vse any watered Wine, or mixed, but meere and in his owne kinde: and let her bath the child euer before she giue it sucke, after annoynting it with oyle of *Castorium*, or the oyle of *Costum*, **and let the child drinke euery day a quantitie of this electuary following.**

Take garden Mint, Cinamome, Cummin, drye Roses, Masticke, Fenegreke, *Valeriane*, *Amios*, *Doronicum*, *Zedoarium*, Cloues, Saunders, *Xiloaloes*, of each a dramme, of Muske halfe a dram, beate all these to powder, and confect them with clarified and depured Hony, making thereof an electuarie, of the which euery day giue vnto the childe

the

the weight of two pence to drinke with white Wine. If the childe haue this diſeaſe in euery part of the body, then take an ounce of Wax, and a dram of *Euforbium*, the which *Euforbium* yee ſhall beate in a morter with v. or vi. droppes of Oyle, till it be perfectly beaten; then temper them together ouer the fire, adding thereunto ſo much oyle as may be ſufficient to make a ſeare-cloth, and lay it to the reynes of the backe.

Of trembling of the body, or of certaine members of the body, called the Palſey.

If the childe happen to be vexed with trembling or ſhaking of the body, or the parts thereof, ſo that yee feare the Palſie of the ſame part, or that the falling ſickneſſe ſhould enſue: then remedy it after this meanes. Take the oyle of Roſes, and the oyle of Spykenard, and temper them together, warming it, and therewith annoynt the backe or reynes, and the other ſhaking members: yee may alſo take any other oyle the which hath vertue to warme and calefie, as the oyle of Bayes, and ſuch other.

Item, to bathe the childe in the decoction of Roſemary, Sage, Time, Hyſope, Sauery, Alexander, Smallage, &c. is very ſoueraigne.

If you cannot cure it by this meanes, then demand farther counſaile of the Phiſitians.

Againſt the ſtrangurie or ſtone, with ſtopping of the Vrine.

Strangury, Diſſury, and the difficulty in making of water, oftentimes chaunceth to children by reaſon

of

of the stone, or aboundance of grauell, other els many times of some other viscous, slimie, & fleginatike matter, in maner & forme of dregs or rags ouerthwarting and crossing the passage, whereby the vrine should passe foorth, in such wise, that (without great paine) the child cannot make water, and that yet but in small quantitie at once.

Which of these wayes soeuer it come, it shall be very good to bath the childe vp to the Nauell in the decoction of Peritorie of the wall, Mallowes, Holyoke, Linseede, Lillie rootes, Fenegreke, and sauery, other els with a spunge or double linnen cloth dipped therein, eftsoones to foment the share and neather part of the belly against the bladder.

But in men children chiefly foment them on the straights, betweene the fundement and the coddes, the which place in Latine is called *Peritoneum*, for in them lyeth the necke of the Bladder. After this bathing or fomentation, drye the places fomented, and whilest they be yet red with bathing, annoynt them with the oyle of Scorpions, to bee had at the Apothecaries, or els the oyle called *Petroleum*.

And if further neede shall require it, yee may applye this plaster following to the foresaid places. Take of Parsley and of Alexander, of ech halfe an handfull, of Peritorie, Mallowes, Holioke rootes, of each an handfull, seeth these heatbes togeather in good stale Ale, till such time as they be soft, then powre out the Ale from them, and stampe the hearbes in a Stone morter, adding thereunto of the seedes of Fenegreke and Line, of each halfe an ounce, being first beaten to subtill powder.

Item, of Commin seede the waight of foure grotes, beaten likewise to fine powder, of the Oyle of Scorpions, *Petroleum*, or other appertiffe Oyle an ounce and an halfe: of all

these

theſe well commixed together, make a plaſter, and lay to the places aforeſaid. **To ſpeake of any medicines to be adminiſtred inwardes, it is but folly, for ſo much as it is ſo hard to cauſe a childe to take any thing within forth.**

This difficultie in making water, may enſue by other meanes, whereof we neede not to ſpeake at this time.

Of goggle eyes, or looking a ſquint.

IF the childe haue goggle eyes, or that it looke a ſquint, then firſt ſet the cradell in ſuch a place, that the light may come directly and right in the childes face, neither in the one ſide, neither in the other, neither about the head, leaſt it turne the ſight after the light. Alſo marke on which ſide that the eyes doe goggle, and let the light come vnto it on the contrary ſide, ſo to returne the ſight. And in the night ſeaſon ſet a Candell on the contrary ſide ſo that by this meanes, the goggling of the eyes may bee returned to the right place. And further it ſhall bee good to hang clothes of diuers and freſh colours on the contrary ſide, and ſpecially of the colour of light greene, or yellow, for the childe ſhall haue pleaſure to beholde theſe ſtrange colours. And in returning the eye-ſight toward ſuch things, it ſhalbee occaſion to rectifie the ſight agayne. **And this ſhalbe ſufficient for this time, of the diſeaſes of children after they be borne, making here an end of this third booke, for this time.**

Of

Of ſuch things the which ſhall be entreated in this fourth booke.

CHAP. I.

HEre in this fourth Booke (by the leaue of God) ſhall briefly bee declared ſuch thinges which may farther or hinder the conception of man, which as it may bee by diuers meanes letted and hindred, ſo alſo by many other wayes, it may be furthered & amended. Alſo to know by certaine ſignes and tokens, whether the woman bee conceiued or no, and whether the conception bee male or female, and finally certaine remedies and medicines to further and helpe conception: and thereafter wee will (according to our promiſe in the Prologue) ſet foorth certaine bellyfying receipts, and ſo make an end of this whole treatiſe.

Of conception, and how many wayes it may be hindred and letted.

CHAP. II.

THere is nothing vnder heauen, which ſo manifeſt and plainly doth declare & ſhew the magnificent mightineſſe of the omnipotent liuing GOD, as dooth the perpetual and continuall generation & conception of liuing thinges here in earth, by the which is ſaued, prolonged, and augmented the

the kinde of all things. And where that this Almighty Lord and Creator hath so institute and ordayned, that no singular thing in it selfe (here vpon earth) shoulde contiuually remaine and abide: yet hath he giuen from the beginning and instincted such a power and vertue vnto these mortall creatures, that they may ingender and produce other like things vnto themselfe, and vnto their owne similitude, in the which alwayes is saued the seede of posterity. Were not this prouision had by Almighty God, the nature and kind of al maner of things would soone perish and come to an end, the which vertue and power of generation many times doth halt and misse, by defect and the contrary disposition in the parts generant: As yee may euidently see in the sowing of Corne, & all other maner of seede. So that there be in al manner of generation three principall parts concurrent to the same, the Sower, the seed sown, and the receptacle or the place receiuing and conteyning the seed. If there be fault in any of these three, then shal there neuer be due generatiou, vnto such time as ỹ fault be remoued, or amended.

The earth vnto al seedes, is as a Mother and Nurse, containing, clipping, & imbracing, them in her womb, feeding and fostering them as the Mother doth her children in her belly or matrix, vntill such time as they come vnto the growth, quantity & perfection due vnto their nature and kinde: But if this seed conceiued in the bowels of the earth, do not proue or fructifie, then be thou sure that eyther there is let in the sower, in the seede, or els in the earth.

The earth may be ouer watrish, dankish, or ouerhott and dry. or els full of stones, grauell, or other rubbish, or

full

full of ill weeds, which may strangle and choake the good corne in his growing: also the seede may be putrified, or otherwise viciate and corrupted, and so the life and spirit of it banished away and destroyed. The sower may vnordinately strew and cast the seede on the earth. &c. So that if there be no let in none of these parts concurrant to generation, or that the lets bee remooued and done away, then doubtlesse will ensue multiplication and encreasment of that kinde, of the which the seed commeth according to the natural inclination, the which almighty God hath implanted and set in the kind of all things.

How many wayes conception may be letted, and how the causes may be knowne.

CHAP. III.

Every thing then, the which dooth encrease in this kinde, must first bee conceiued in the Wombe and Matrix of the Mother, which is apt and conuenient for the receipt of such seede. And (as I sayd before) as there may be defect and lacke in the mother, receiuing the seede, so may there be fault and defect in the Sower, and in the seed it selfe also.

And in women three or foure generall causes by the which the conception may bee impedite and let: ouermuch calidity or heat of the matrix, ouermuch coldnesse ouermuch humiditie, or moystnesse, and ouermuch drinesse. Any of these foure qualities exceeding temperancie, may be sufficient causes to let due conception.

Where-

Wherefore the right excellent Phisition Hypocrates in the fifth booke of his Aphorismes saith. All such women the which haue colde and dense Matrixes cannot conceiue, and such as haue moyste and waterish Matrixes, cannot conceiue, for the power of the seede is extinguished in it: also hauing drye Matrixes, conceiue not, for the seed perisheth for lack of due nutriment and foode: but that Matrix the which hath all these qualities in temperancie, that is fruitefull. This is Hypocrates saying, the which thing also may be well perceiued by a familiar example of sowing of corne.

For if it be sowen in ouercold places, such as be in the parts of a Countrey called *Scithia*, and in certaine places of *Almaine*, or in such places where is continuall snow, or frost, or where the sunne doth not shine, in these places the seed or graine sowne, will neuer come to proofe, nor fructifie, but thorough the vehement coldnesse of the place in the which it is conceiued, the life and quickenesse of the graine is vtterly destroyed and made voide.

And further, as concerning ouermuch humiditie, if ye sow your graine in a fen or marish and watery ground, the seed will perish thorough the ouermuch abundance of water, which extinguisheth the liuelinesse and the naturall power of the graine and seede.

Likewise if it be sowen in such a Countrey or place where is ouergreat heat, not tempered with water and raine, or if the yeere be so drye, that there come no raine at all to alay the extreame and feruent heate of the sun: then shall the seede sowen, wither and drye away, and the power of it be consumed and burnt.

And if it be sowen in drye places, where neuer commeth raine, or on the sand & grauelly places, in such a place the

graine can neuer take, ne proue, ne be conceiued in it, to come to any fruit or profit.

Wherfore, if the Matrix be distempered, by the excesse of any of these foure qualities, then must ye reduce it againe to temperancie, by such remedies as I shall shew you hereafter. Likewise may there be defect and lack in the man: as if the seed be ouer hot, the which the woman shall feele as it were burning hot, or too colde, the which she shall feele as it were in manner cold as yse, or too fluye or thin, &c. Diuers other wayes also it may be letted, which shall not need here to be rehearsed.

Now if the woman cannot conceiue, the cause comming of ouermuch frigiditie or coldnesse in the matrix, that shal she know by these tokens. She shal feele great cold about the sides, the reines of the back, and the Matrix, her vrine shall appeare white and thinnish, & sometimes also somewhat spisse and thicke, and all manner of colde things shall noy her, hot things shall greatly comfort her.

But if it come by ouermuch humiditie of the matrix, that shall she know by these signes. If the body of her be of a fat and grosse disposition, if with her flowres issue foorth at the beginning and the latter end of them, certaine biscous and watery substance, and that her vrine be white, thick, and sometime as it were milke: Also that she feele great colde and paine about the Matrix and priuie parts, and much dolour in her sides, and in the reines of her backe.

And when ouermuch heate or dryth in the Matrix is cause of the hinderance of conception, then is the vrine high coloured red, or yelow, being thin, with certaine motes appearing in the water: the woman hath great

thirst,

thirſt,and bitter riſing or belchings out of the ſtomake into the mouth. And many times they that are in this caſe,are very ſpare & leane in all their body,hauing alſo but ſmall qnantitie of flowres.the which thing may hapen either by ouermuch watch,or ouermuch faſting, labour,trauaile,ſorrow,ſickneſſe,&c. But ſuch women which naturally are thus ſpare & leane,may very hardlie be brought to a temperance againe,and be made apt to conceiue. And this ſhalbe ſufficient for this time,to know which quality by his exceſſe cauſeth ſterilitie. Now wil we ſhew how it ſhalbe knowne,whether lack of conception be in the woman,or els in the man,and how to know whether the woman be conceiued or no, according to the minde of right expert Philitians.

How to know whether lack of conception be of the woman or of the man,and how it may be perceiued whether ſhe be conceiued or no. Chap. IIII.

IF ye be deſirous to know whether the man or the woman be hinderance in conception: Let each of them take of Wheate and Barly cornes, and of Beanes, of each viii. the which they ſhall ſuffer to be ſteeped in their ſeuerall urine the ſpace of twenty and foure houres: then take two pottes, ſuch as they ſet Beliflowres in,fill them with good earth, and in the one let be ſet the Wheate,Barly,& Beanes ſteeped in the mans water,and in the other the Wheate,Barly and Beanes ſteeped in the womans water, and euery morning the ſpace of viii.or x.daies,let ech of them,with their proper urine,water the ſaid ſeeds ſowne in the foreſaid pottes,

and marke whose pot doth proue, and the seeds therein contayned doth growe, in that partie is not the lacke of conception, and see that there come no other water or raine on the pottes: but trust not much this farre set experiment.

Item, according to Hipocrates writing, if ye will know whether the fault be in the woman or no, then let the woman receiue into her body vnderneath, being well & closely closed round about, the fume of some odoriferous perfume, as *Laudanum, Storax, Calamite, Lignum Aloes*, Muske, Ambre, and such other, and if the odour and sauour of such things ascend thorow her body vp vnto her nose, yee shall vnderstand that sterilitie commeth not of the womans part: if not, then is the defect in her.

Item, if she take Garlick, being pilled out of the huskes, and conuay of it into the priuie parts, and if the sent of it ascend vp thorow the body vnto the nose, the woman is faultlesse: if not, then is there lacke in her. These tokens, although they haue a certaine reason and appearance, yet be they not alwayes vnfallible, but only likly.

Whether she be conceiued already or no, ye shall know by these signes. First the flowres issue not in so great quantitie as they are wont, but wax lesse and lesse, & in manner nothing at all commeth from them. Also the brests begin to wax rounder, harder, and stiffer then they were wont to be: the woman shall long after certaine things, otherwise then she was vsed to doe before that time, also her vrine waxeth spish and thickish by retention of the superfluities. Also the woman feeleth her matrix very fastly and closly shut, insomuch that as Hypocrates saith the point of a needle may scarce enter.

Item, to know whether she be conceiued or no, accor-

ding

ding to Hypocrates mind.in the 6.of his Aympho. Giue vnto a woman when she is going to bed, a quantity of Millicratum to drinke, and if after that drinke she feele great paine, gnawing and tumbling in her belly, then bee yee sure that she is conceiued. This Millicratum is a drinke,made of one part Wine,another part Water,sodden together with a quantitie of Hony.

But if ye be desirous to know whether the conception be man or woman,then let a drop of her milk or twaine be milked on a smooth glasse,or a bright knife.other els on the naile of one of her fingers,and if the milke spread abrode vpon it by and by,then it is a woman child: but if the drop of milke continue & stand still vpon that the which it is milked on,then is it a signe of a man-child.

Item,if it be a mala,then shall the woman with child be well coloured,& light in going,her belly round,bigger toward the right side, then the left (for commonly the man childe lyeth in the right side, the woman in the left side)and in the time of her bearing she shall better digest and like her meate, her stomach nothing so queasie ne feeble.

Of certaine remedies and medicines which may further the woman to conceiue. Chap. V.

All sterilitie then for the most part ensueth and commeth of the distemperancie of one of these foure forenamed qualities, wherefore the remedy and cure of the same when it chaunceth, must bee done by such things the which haue contrary power and operation to the excessiue quality, for by that shall it be reduced to his temperancie again.

As if that coldneſſe and moyſtneſſe exceeding temperancie in the Matrix be occaſion of ſterilitie, then muſt ſhe apply ſuch things to that place the which be of nature hot and dry, the which may califie and warme the place, and alſo drye vp the ill moyſtneſſe and humors contayned in the ſame, hindering conception.

And becauſe that the moſt generall and common cauſe of ſterility doth proceed of cold, waterish, and flegmaticke humors, which bedewing the inner ſides and hollowneſſe of the Matrix, with the port and mouth thereof alſo, cauſeth that the ſeede ſent from the man into the womans wombe or Matrix, cannot there remaine ne cleaue: neither is the mouth or port of the Wombe apt or able to cloſe it ſelfe ſufficiently after reception of the ſeede, the flegmie and ſlimie humours withſtanding it, the which vnleſſe they be diſcuſſed, or dryed away, the ſeed alway ſlippeth and ſlideth foorth as faſt as it entreth in.

Wherefore to remedy and to do away the foreſaid impediment, ye ſhall vſe the meanes that followeth.

Firſt, within a day or two after the womans Termes be paſſed, let her by the aduice of ſome Phiſition take a Purgation, which may purge flegme and wateriſhneſſe, and then the next or the third day after, let her ſit in a Bath vp almoſt to the Nauell, in the which Bath yee ſhall decoct and ſeeth theſe Hearbes following. Take of Baye leaues, Mallowes, red Mintes, Mirtilles, Camomeil, Maioram, Marigoldes, of each an handfull, of Sage three handfulles, of Mercurie and Brankurſin of each two handfulles, ſeeth all theſe hearbes together in faire water, or (if it were for a noble woman) in halfe water, and the other halfe Redde Wine, in this bath let her remaine the ſpace of a good halfe

houre

houre, and a little before that she come foorth of the Bath, giue her to drinke of this electuary following.

Take of Spike, Nutmegges, Cloues, Galingall, Cinnamome, and long Pepper, of each the waight of a grote, of Annis seede the waight of two grotes, of Sage leaues dryed, tne waight of three grotes, all these things (each by themselues) beaten to small powder, temper them altogether in so much pure clarified Hony, as may be sufficient to receiue all the powder, other els commixt with this powder so much fine Suger, as the waight of the powder amounteth vnto, whereof yee shall giue vnto her at once the waight of two grotes, with viii. ix. or x. spoonefulles of good White or Claret Wine, or els with good Malueſey or Muscadell.

And all this must be done eyther fasting in the morning, one houre before breakfast, or dinner, other els, v. or vi. houres after dinner, so that it be not done vpon a full stomack. But if ye take the bath and the Electuarium **in the morning, then at night three or foure houres after supper, let her receiue vnderneath her clothes, the vapour of these things following, into the priuitie.** Take of Lauander dryed, of vnset Time, Bay berries, Iuie leaues, of each halfe a little handfull, of white Frankencense the waight of foure grotes, of Sage dryed, or other, two little handfuls, of Rosemary leaues one handfull, seeth these together in faire water, and when they be perfectly sodden, then let the woman set her selfe ouer the vapour thereof, sitting groueling, other els set on a couer made for the nonce with a tunnell or conduite, thorow the which the vapour may be directed into the womans priuie passage, the neere thereby, that the vertue thereof may approach vnto the wombe or wombe port.

Yee may also in the same water dip Wooll, or els fine linnen cloutes, and so conuey it into the priuie passage, there to remaine the space of one or two houres. This bath, electuary, and vapour, I councell them that haue neede, to vse them the space of three dayes continually, and then, the third night to company with her husband, and by the grace of God she shalbe sped.

There be sometimes, that with the vse of the bath only, or the electuary alone, either the vapour, without any farther remedy, haue beene aptified to conception, but who that vseth it as is aboue mentioned, worketh the surer way.

These shalbe sufficient remedies for want of conception, proceeding of cold, moyst, and flegmatick humidities. Now if it come by any distemperancie in heate and dryeth: then let her be purged of coller, or other vnkinde heate bred in the body, by things apt and meet for that purpose, and then afterward to vse bathes, electuaries, and vapoures, of moderate cooling things, as of Roses, Violets, Lettuse, Purslaine, Plantane, and diuers other.

But forasmuch that most commonly the vnaptitude of conception (in women hauing their health) springeth of the superfluitie of colde and moyst humours (wherof we haue alredy spoken) therfore all other impediments left apart, ye shall holde ye content for this at this time. For if I would make mention of all the occasions wherby conception may be let or impedite, then should I here alleadge and bring in all the diseases that may happen to a woman in that parts, with the remedies therof, which were a long worke, and not proper for this volume.

In

In this vi. Chapter is entreated of diuers bellifying receipts, as yee may hereafter read.

THe embellishing or bellifying medicines, whereof I entend to speake here, bee not to be vnderstanden to be of that sort, whereby any adstititious or outward forraine beautie or set coulers should be acquired or gotten, the which farre fet and damnable curiositie, I doubt not but that all honest and vertuous sad women do vtterly abhorre and contemne: but here mine onely meaning is, to shew how to remoue certaine blemishes, and as it were weedes of the body, through the which many times the naturall beautie thereof is obscured & defaced. For as in a faire Garden, be it neuer so beautiful, yet if it be not regarded and looked vnto, the weeds entermingling themselues among the good herbes, will deforme and emperish the good grace of them. For in the earth, be it neuer so wel diligented and picked, yet alwayes therein will remaine some sparkes and seedes of vnlooked for weedes, the which euer, when time and season serueth, Nature thrusteth foorth.

Likewise in the body of man, among the good and necessary humours, is some sparke or qualitie of ill and vnnecessarie humors, with the which nature being offended and cloyed, expelleth and driueth them forth sometimes into one place, and somtimes into another, according to the aptitude or feeblenesse in resistance of the place receiuing it, and the force or violence of nature (therewith greeued) sending it, so that the superfluities found in the vpper part and face or superficie of the skin,

ensueth

enſueth by the ſuperfluitie and dominion of like matter conteined and commixed in the vaines among the blood, and is a great euidence and teſtimonie thereof. But here I wil not ſpeake of all kinds of vtter diſeaſes ſpringing of this inward corrupted humours, but onely ſuch things as commonly chaunce to men and women without any imperiſhment of their health.

As for example, firſt I will briefly declare the filthines of the head, called in Latine Perrigo, in Engliſh the Dandruffe of the head, the which is, when that the kembing and ſcratching of the head, certaine white ſcales, as it were braune, falleth off from the head, and lyeth very thicke among and vnder the haire.

Of the cauſes and remedies of Dandruffe of the head.

The cauſe of this Dandruffe commeth by aboundance of flegmaticke humours, commixt with the blood, the which dayly and hourely by inceſſable ſweating, euaporateth & iſſueth foorth of the pores in the ſkin that couereth the panbone, and as faſt as it iſſueth foorth, dryeth on the vtter ſuperficie of the ſkin, and there remaining and gathering together, becommeth euery day more & more, thereto greatly helping the forreſt of haire which couereth, harboureth, and retaineth ſuch ſuperfluities, more in thoſe places then in any other where no haire groweth: and moſt commonly they that haue blacke hayre haue more ſtore of Dandruffe then other. This humour ſuffered ouerlong to raigne on the head, deſtroyeth and corrupteth the rootes of the haires, making them to fall off in great plentie, and ſpecially

cially in kembing And although this superfluity be not cleanly, yet notwithstanding it shalbe no wisdome for me to teach, ne any other herewith encumbred to learn how to stop it, for feare of further inconueniences: but onely I councell you once in ten dayes at the least, to washe and scoure the head cleane with good lyé, wherein let be steeped in a linnen bagge of Annis seede, Commin, dried Rosemary, Fenegreke, and the rindes of Pomegranate, of ech like much: and beware that after the washing of your head ye take no cold, before the head be perfectly dryed.

And whereas some say, that they which vse oft washing of their heads shalbe very prone to head ach: that is not true, but onely in such that after they haue been washed, roll vp their hayre (being yet wet) about their heads, the colde whereof is dangerous to bring them to Catarrhes and poses, with other inconueniences. Whereof all diligence must be had, that the head may be exactly well dryed with warme cloathes, whilst the head is yet hotte of the washing, and then neuer feare no inconueniences, but rather conuenience and commodity: and let this be done also fasting in the morning, or else one houre before supper, or fiue houres after supper. This oft washing shall purifie the skin of the head, and stedfast the hayre from falling, leuiate and lighten the head, with all the sences therein conteined, and greatly comfort the braynes.

To take away hayres from places where it is vnseemely.

ITem, sometimes hayre groweth in places vnseemly and out of order: as in many maidens and women the hayre groweth so lowe in the foreheads and the temples, that it disfigureth them. For this ye may vse three

wayes

wayes to remoue them: either to plucke vp one after another with pincers, ſuch as many woman hath for the nonce, other elſe with this lee following.

Take new burnt Lime foure ounces, of Arſenecke an ounce, ſteepe both theſe in a pynt of water the ſpace of two dayes, and then boyle it from a pint to the halfe.

And to proue whether it be perfect, dippe a feather therein, and if the plume of the feather depart off eaſily, then it is ſtrong enough: with this water then anoynt ſo farre the place that yee would haue bare from hayre, as it liketh you, and within a quarter of an houre pluck at the haires and they will follow, and then waſh that place much with water wherein Bran hath been ſteeped: and that done, annoynt the place with the white of a new layd Egge and oyle Oliue, beaten and mixt together with the iuyce of Singrene or Purſlaine, to alay the heat engendred of the foreſaid lee.

The thyrd way to remoue haire is, a plaſter made of very drye pitch, and vpon leather applyed to the place, the hayres being firſt ſhauen, or cut as neare as can bee with a payre of Cyſers.

Now when the hayres be vp by the rootes, then to let them that they grow no more: take of Alome the waight of a groate, and diſſolue it in two ſpoonefulles of the iuyce of Nightſhade, or of Henbane, and therewithall annoynt the place two or three times euery day. the ſpace of nine or ten dayes, and hayre will grow no more in that place.

To do away Frekens, or other ſpottes in the face.

These Frekens, and ſuch other ſpots in the face, or other where in the body, may be taken away by often annoynting them with the oyle of Tarter, to be found

found alwayes at the Apothecaries, **and suerly that oyle is soueraigne for that purpose.**

Item, take Eleborus, and seeth of it an ounce in halfe a pynte of strong white Vineger, till halfe be consumed, then mixt therewith Hony foure spoonefulles, and the weight of a penny of Mercury sublimed (to be had at the Apothecaries) seeth these togeather againe till it become thicke, with this annoynt the Frekens, and it will destroy them.

This is also very good for the Morphew, and other discoloration or stayning of the skinne.

To destroy wartes, and such like excressences on the face or els where.

For this purpose nothinge is so excellent, as euery day once (the space of three or foure dayes) to drop one drop of strong water, called *Aqua fortis*, on them, for this destroyeth them in very short time.

Item, the iuyce of a red Onion, and the iuyce of Marigoldes, is very good for the same.

Item dissolue a little of Mercury sublimed in fayre water, and therewith drop the Wartes, and they will soone wither and consume away.

To cleare and clarifie the skinne, in the hands, face or other parts of the body.

For this there is nothing better then, to take one spoonefull of the oyle of Tarter, and sixe spoonefulls of water, with these commixed togeather, wash the hands, face, and other partes, for it scoureth, cleanseth, and purifieth the skinne soueraignely, and will suffer no filthi-

filthineſſe to remaine in the pores of the fleſh. **And this oyle of Tarter is made on this wiſe.**

Take wine lyes dryed, the which the goldſmithes do call Arguyll, and beate it into powder, and then fill thereof a Goldſmithes crudible, and ſet among hotte coales, till the Arguyll begin to waxe blacke: then take it out of the fire, and let it coole, and bynde it in a linnen clout. and hang it a little ouer the vapour of hott boyling water: that done, hang this clout with the Arguyl in a glaſſe with a broad mouth, ſo that the bagge or clout touch not the bottome of the glaſſe, and the water or oyle called Tarter will drop downe a little and a little: and the ſooner, if it ſtand in a very cold and moyſt ſellar.

Item, to ſcoure the handes and the body, ſome vſe to waſh their handes with the powder of Oreſſe, which is the roote of the blewe Floredeluce, and ſome with Beane flower.

Item, the yolke and white of egges is good for that purpoſe, and ſo is Hony.

To ſouple and mollifie the ruggedneſſe of the skine

ANnoynt the skinne with the oyle of ſweet Almonds. the ſame is very good alſo for chippinges of the lippes or handes.

Item, Deere ſuet is very proper for the ſame purpoſe, eſpecially being well waſhed and tempered with Roſe water, wherein hath been diſſolued two or three graynes of pure Muske.

Againſt

Againſt ſodaine riſing of Pimples through vnkinde heate in the face, or els where.

TAke the white of an egge, and beate it well with a ſpoone, and then therewith commixe two ſpoonefulles of Sallet oyle, one ſpoonefull of Roſe water, another of the iuyce of Sorell, and halfe a little ſpoonefull of Vineger, herewith annoynt the pimples and riſings.

To keepe and preſerue the teeth cleane.

FIrſt if they be very yellow and filthie, or blackiſh, let a Barber ſcoure, rub, and picke them cleane, and white, then after to maintaine them cleane, it ſhalbe very good to rub them euery day with the root of a Mallow, and to picke them cleane that no meate remaine and putrifie betweene the teeth.

Item, take of the ſmall white pibble ſtones which bee found by the water ſides, and beate them in very ſmall powder, hereof take an ounce, and of Maſticke one dram, mingle them togeather, and with this powder once in xiiii. dayes rub exactly your teeth, and this ſhall keepe your teeth fayre and white: but beware yee touch not, ne vexe the gummes therewithall.

Item, to ſtable and ſtedfaſt the teeth, and to keepe the gummes in good caſe, it ſhall be very good euery day in the morning, to waſh well the mouth with red Wine.

Of ſtinking breath.

STinch of the breath commeth eyther by occaſion bred in the mouth, or els in the ſtomack. If it come from the ſtomacke, then the body muſt be purged by the

the further aduise of a Phisition. If it be engendred in the mouth onely, then most commonly it commeth of some rotten and corrupted hollow teeth, which in thi case must be plucked out, and the gummes well scoured and washed with Vineger, wherein hath beene sodden Cloue and Nutmegs. **The cleanly keeping of the teeth, dooth conferre much to the sauerinesse of the mouth.**

Of the ranke sauour of the arme-holes.

THis vice in many persons is very tedious an lothsome: the remedie whereof is, to purge first th chollericke and eagre humours, originall causers o the same, and afterwardes to wash the arme-holes often-times with the water wherein Wormewood hath beene sodden, together with Camomell, and a little quantitie of Alome.

Item, Auctors do write, that the rootes of Artichaughes (the pith picked out) sodden in white Wine, and so drunke, doth auoide the stench of the arme-holes, and other partes of the body, by the vrine. For (as *Gallen* also doth testifie) it prouoketh copie and plentie of stincking and vnsauerie vrine from all partes of the body, the which propertie it hath by speciall gift, and not onely by his hot qualitie. **And thus here I make an end of this fourth and last booke.**

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